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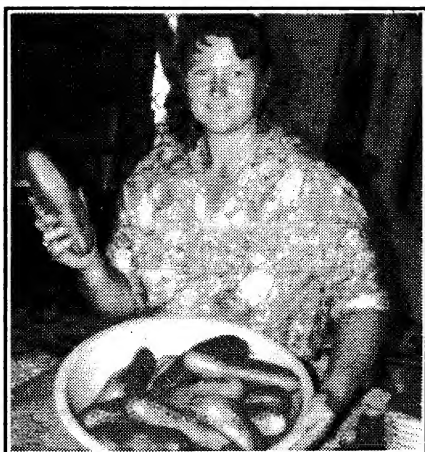
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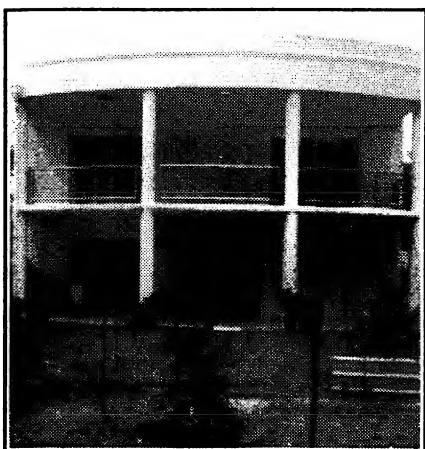
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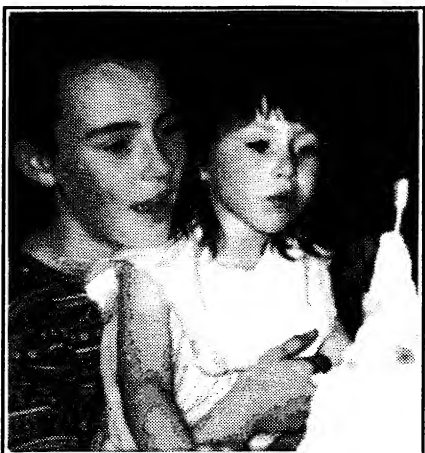
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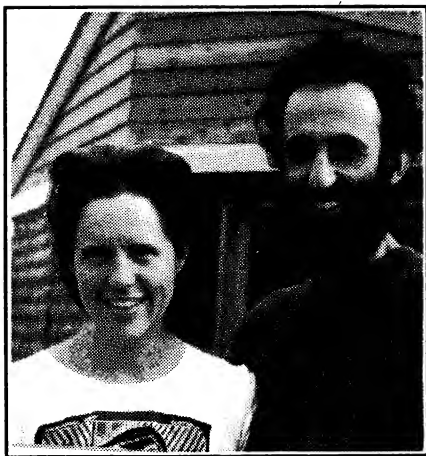
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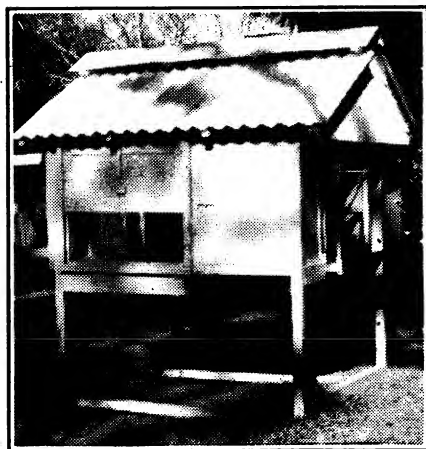
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COVER PHOTOS

Front Cover: Cheryl and Mick Smith moved to the bush three years ago and started free-range pig production on 50 acres. Now they are producing organic pork, ham and bacon and are unable to meet the demand. See 'Organic Pig Farming' on page 11. Photo Heinrich Hausler.

Back Cover: Elise and George felt a spiritual rapport with Singing Tree Farm where they have built their solar powered, mud brick home and established their permaculture vegetable garden and herb farm. Read their story on page 6.

Edited by Megg Miller and Mary Horsfall.

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We take great care in selecting and verifying all material that appears in the magazine, but do not necessarily share the views expressed in letters and articles, nor do we accept responsibility for the accuracy of statements made by contributors.

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Wherever I have been of late the conversation has centered around the Budget. People have expressed anger, frustration and pain over the changes they anticipate to their lifestyle. Any potential benefits have been seen to be heavily outweighed by the proposed cut-backs. Politicians, I've overheard, are set on making life tough for the Aussie battler. Managing the family income does seem to get harder each year, regardless of how much you earn. When coupled with external factors such as the catastrophies which continue to disable the farming sector, the prospects indeed look gloomy. I only have to look at the country towns in my area to appreciate the hard times in which we live – continuing unemployment, empty shops and houses and storekeepers holding on by a thread because no one has money to spend.

I was ruminating on these and similar issues as I was compiling the Feedback pages, and was struck by the positive attitude that emanated from the letters. No doubt these contributors have encountered life's ups and downs like everyone else but they seem to have relegated hardships and struggle to a perspective where they do not dominate life. It was refreshing too that there was a marked absence of 'they're doing it to us and there is nothing we can do' stories. I abhor the trend to elevate helplessness to almost cult status, whereby magazines actually make money from perpetuating a victim-like approach to life. Our readers are remarkable because of their zest, their determination to be independent and their willingness to acquire skills so they have control over what they do and how it is executed. The young people coming from such environments must surely be more capable of looking after themselves. We have several interesting and inspiring lifestyle articles this issue, I'm sure you will enjoy them and also be more aware of how constructive and positive is material in *Grass Roots*. Someone likened our stories to the experience of mixing with passionate, directed people – you get a boost of energy and enthusiasm and feel you can scale mountains and walk on water!

Now is probably the ideal time to remind you all to contribute to the *Grass*

Roots Awards. We know you enjoy your magazine, so many notes and subscriptions finish up with a line saying, 'Can't put it down until I've read it all, and then I can't wait for the next issue'. Acknowledge the authors you enjoy or the fine work many of our quiet achievers are doing. And please, remember that last years' winners are out of the running as are the willing workers at GR. I was immensely chuffed to receive a nomination, although of course it must be disregarded. My kind nominator liked the open and honest writing of *Down Home on the Farm* – 'It keeps me enthused, faults and all, plus she is quite humorous'. H'mm. . . I'm confident you will find some deserving entrants in this issue.

Earlier this month we found we had been invaded by a couple of playing possums. They had knocked books off the shelves, marked magazines, tipped over cups on my desk in pursuit of coffee dregs and ate cyclamen flowers off Mary's blooming pot plant. If that wasn't bad enough, they then pushed the plant off the table, spilling damp soil over the box of readers' contributions. We keep finding grubby paw marks on articles and letters and need to apologise in advance for the dirty condition of material being returned. Perhaps you will understand why it is we are offering 'damaged' books at a reduced rate. It is clear the possums regard the office as their territory. No sooner have we sealed up the slyly concealed holes they make behind books and magazines than fresh entrances appear. Has no one developed an electronic sound device for repelling them?

It is handy having a scapegoat like the possum for anything that is lost or marked. We do misplace items from time to time, hardly surprising considering the amount of paper that floats around the office, but we rarely lose things. There have been some near misses, including one that resulted in a foray to the local tip at two in the morning, dementedly searching for a cartoon. We misplaced an illustration from one of the articles this issue and looked high and low. It did turn up, but only after we sought and used an appropriate substitute. This morning there was a great panic about a lost Grassified. Sleep had



even been lost over it. Lo, it was there, just overlooked. It's reassuring that paperwork does always turn up, now we just have to fine tune the time factor.

We have an apology to make to two food outlets that were mentioned in 'Travels With Gertie' in GR 119. At the time the article was written, Sue Ford wrote honestly about the facilities in Robinvale, and she felt she couldn't mislead readers on the standard of the eateries. By the time the article went to press the local Chinese restaurant had changed hands and the Euston club been re-leased and a new chef employed. We were asked to bring this to our readers' attention as it was felt these places could be unjustly disadvantaged. We apologise for any unjust criticism and hope GR readers will visit and enjoy the food and conviviality Robinvale offers.

We have recently had two new staff members to welcome and train. I mentioned Christine adopting the good life last issue, but as well Marg left late last year because the family business was building up and needed her. We had held out in the hope Marg might still be available for a day a week, but the theatre restaurant/tourist complex she and hubby Pete run is enjoying great success. So we welcome Helen and Jennifer to *Grass Roots*. Helen attending to advertising and general enquiries and Jennifer assisting with proof reading and production. We took time out and enjoyed a luncheon to welcome them, inviting Marg and Christine back for the occasion. It was such a pleasure to have our old friends back and reminisce about past deadlines and memorable feasts. We hope our new folk will enjoy working on *Grass Roots*. They have just had baptism by fire and made it through the deadline rush. You're sure to hear more about our team in future issues!

SINGING TREE FARM

by Elise Zonck, Wedderburn, Vic.

Elise Zonck and George Ljanos were inspired to rejuvenate 22 acres of degraded farmland near Wedderburn, Victoria. While building their passive-solar-designed home of natural and preloved materials their boundless enthusiasm and energy was sufficient to also begin the process of transforming the land into a permaculture haven. All of us at GR felt moved and enheartened by their story. We know you will be too.



At ages thirty-five and forty we were like two newly-emerged-from-school people with enthusiasm and inspiration to overflowing, yet possessing physiques already depleted of twenty years' energy. Our vision was powerful and full of faith. Take a bit of land in an area degraded by overfarming, needing reforestation, give it a tremendous amount of love and care and create a heaven on earth, hopefully to inspire others to perform similar acts of love and faith in future.

Our 22 acres of land near Wedderburn, Victoria was to be named 'Singing Tree', an inspiration from quiet parts of the mind in cosmic destiny, deep and meaningful mode. That first morning, after having had our caravan towed to our likely squatting spot, we found on waking, the dead tree next to us, gracefully sculpted by years of solitude, wind

and weather, full of singing creatures serenading us as if to welcome us to our new magic abode. Joy beyond comparison. The Singing Tree.

We had an inkling of the dedication and devotion needed to perform our task of creating a permaculture life-giving environment from scratch, but we hailed from the city; I calling upon the farm wisdom of my growing up years in the US with some 20 years gap, and George from his four years (age 0-4) in Cyprus on the extended family farm. Not much to go on – short on knowledge and cash.

In fact, we paid off the land before we arrived with our \$100 Bondwood twelve foot (3.6 metre) caravan in the dead of winter 1994. We had approximately \$10,000 with which to build stage one. The soil in Wedderburn is perfect for mud brick, so we decided on mud/

post and beam to be built in stages as we could afford.

With time on our hands in the one and a half years leading up to our move we looked everywhere we went for building materials and fittings for the house. The short and long of the story is that our journey was an incredible spiritual tale of miracles and mishaps, a tapestry sweet and beautiful, sometimes happy, at times sad, always fascinating. It's the story of being in love with life and the earth and all the wonders which they give.

Our fortunes started one and half years before we moved. We stumbled on to a bathroom and plumbing shop which happened to have a back shed of odds and ends of the finest quality, and we ended up collecting \$1000 worth of fittings for \$150. Then we discovered some custom-made solid timber doors

and windows which we acquired for a fraction of their worth. We promptly designed our house to accommodate them. Later, we met a couple, who became our very dear friends, who had Angora goats and were not getting a good price for the mohair. You guessed it. The mohair, as insulation in the ceiling, now keeps us snug all winter. The list goes on, including a laundry sink off the side of the road in mint condition and doors off the footpath. These latter we made into designer closet doors, a combination of fabric and cedar, fit for the best of *House & Garden*.

A few months into the building process, one day we pulleyed and lifted a huge beam into an awkward position, I, not believing it possible. A sigh of relief as the job was complete and our day's work came to a close – at least so we thought. But 30 seconds later I was in shock and agony, having jumped from the ladder a few rungs from the bottom and caught my ring on a bit of metal used for a ladder repair. Didn't they tell you not to wear rings? It was gorey; a finger suddenly 20 centimetres long and all I could do was bundle it in my shirt and scream bloody murder. Don't wear rings and be sure you know more about your health than the local doctor. I lost half a finger unnecessarily. That was a blow which we both felt would stop us in our tracks. We retired late at night after driving home the hour from the hospital, to our bottle-fed lambs sharing the twelve foot caravan. Days later, shock subsiding, it was back to business, substituting a neighbour's labour for mine, a wise choice in any case, considering the weight of the rafters to be hoisted. So life went on.

Our house and land benefited from careful planning and design. In the first stage we paid a permaculture consultant to help us. We, though armed with the hefty *Permaculture Manual*, were not confident in land use. After that, we took advantage of all resources at hand, carefully weighing and balancing advice from local farmers, Department of Conservation, Land for Wildlife, dam builders, old-timers and ecologists. Our greatest and most fulfilling challenge was and remains to keep a communication and respect with local farmers. They've faced problems on the land for years and their knowledge is generations old. A marriage of our ways and theirs can create a powerful synthesis if we try to listen as we wish to be heard



Elise and George: joy beyond comparison from creating their heaven on earth and bringing hope to an endangered planet.



Elise gathering vegies from the garden at Singing Tree.

and understand as we wish our ideas to be understood.

Two years ago, after deliberating for four, it came together for us to establish a little herb farm. One acre to start, and a garden sculpture business to sustain our financial needs. George is a sculp-

tor, creating his own designs, with a few from me. I, having done some horticulture at uni, took a year's herb course in Melbourne. It's not easy, but we are progressing towards finding our feet.

Our house, 15 squares, carefully designed, abundantly comfortable, fully

240 volt solar powered, is now nearly complete. It is passive solar heated and climate designed, benefiting from my study of passive solar design and architecture in the US. We wanted the best of houses. Stone and mud floors contrast with old oregon posts and here and there a bit of cream wall accompanies softly contoured mud brick and floor to ceiling glass. Hand-woven fabrics warm up the place and open heavy oregon shelving hosts jars of whole grains and beans. We can look onto the orchard through the large picture window while showering or bathing. Wood/gas or, potentially, solar power heats our water and we keep warm in winter with passive solar and wood. Large living and entry areas complement sculpturally shaped bedrooms.

Our latest hiccup reminded us yet again that ours is a spiritual journey always attended by the joker and Murphy's Law, bringing us lessons which take us to greater depths of understanding within. A period of severe mental and physical stress landed George in the hospital with a heart irregularity, taking us through a thousand deaths. (SBS that week screened a full seven days of programmes on death.) Days of mental and emotional anguish ended in a beautiful multimedia heart show of George's normal heart functioning in profound beating rhythm on the Bendigo hospital's electrocardiogram machine. So began our new life with a stress modified plan. No amount of physical or mental 'progress' is worth sacrificing one's health.

Funnily enough, now as our destinies and life path guide us, we've come



George with one of his handcrafted garden statues.

to a culmination point of this project where we feel new inspiration welling up to move on, having put all systems in place for Singing Tree. That was not our intent to start with; in fact we planned to retire here, but life is a constant dynamic flow.

My deepest conviction is that when we love this earth and want to express our love to its fullest and we find a project, by our heart's guidance, which expresses that love, it can shine and

become contagious. It extends beyond our own small world, bringing hope to an endangered planet and to an endangered species, the human being. We weave our web of love, connect with others of positive vision, and the visions of light become reality. We can do it in our own ways – large or small. Size and scale do not reflect the intensity of that light we shine, bathing all the world in love.

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COOKING IN YOUR SLOW COMBUSTION HEATER

by Liz Zylinski, Newham, Victoria.

One cold afternoon last winter, with our slow combustion wood heater quietly and efficiently burning in the corner, my thoughts turned to dinner. 'Baked potatoes would be a nice change,' I thought. Then promptly dismissed the idea. Turning the electric oven on for an hour for a few potatoes would be wasteful. 'But wait a minute,' I thought again. 'You can bake potatoes in a campfire, so why not in our heater?' So I began to experiment and these are my results, as well as a few suggestions I haven't been able to try yet.

Two quick points before we start. Unless you like your food charred and ashy, you need to wrap it in something. Foil is most people's first choice, but be aware that aluminium is very energy intensive to produce, although a large proportion in Australia is recycled. A more energy friendly method, which I haven't tried yet, would be to wrap the food in a pastry or dough 'skin', which could be either eaten or sacrificed as charcoal. Secondly, we run our heater on minimum, as anything else makes our solar-efficient mud brick house too hot. If you run your heater hotter (as most of our friends do), you'll need to experiment with the cooking times, or turn your heater down.

In all cases, place the foods carefully in the coals, as you would in a campfire. Keep a mental note of how many you put in too! All cooking times are approximate, varying with the size of the pieces being cooked.

VEGETABLES

If you did all these at once, you'd have the most fantastic baked vegetable feast (if your heater's big enough).

Potato

I wrap in foil, as my favorite part is the crispy skin. Potatoes take about an hour, depending on size. If you're in a hurry, cut up smaller and wrap individually.

Sweet Corn

Use the cobs' leaves as protection and bake 10-15 minutes. My husband likes

his 'burnt', so insists on foil and no leaves. The cobs with paler kernels are sweeter and juicier than those which are deep yellow.

Capsicum

Cut into flattish pieces and wrap. Try 20-25 minutes, depending on thickness. Rub off any burnt skin before eating.

Zucchini

Slice in half lengthways, wrap and bake for around 10 minutes. More if large.

Eggplant

Slice into one-centimetre thick slices. Wrap and bake around 15 minutes. Try a sprinkling of herbs before wrapping.

Tomato

Prick skin several times and wrap with a few rosemary, oregano or basil leaves for company. Bake up to 30 minutes.

Onion

Use the onion's natural wrapping, its skin, and bake around 40 minutes.

Other Vegetables

Experiment with pumpkin, sweet potato, Jerusalem artichoke, to name a few.

MEAT

Nonvegetarians can also cook meat this way. Dough or pastry cases would also work well.

Lamb Chops

Mix together one chopped onion, two chopped tomatoes, herbs, salt and pepper, plus one teaspoon worcester sauce. Place half of the mix on your 'wrapper', pop two lamb chops on top, and finish with the rest of the mix. Wrap and bake 30 - 40 minutes.

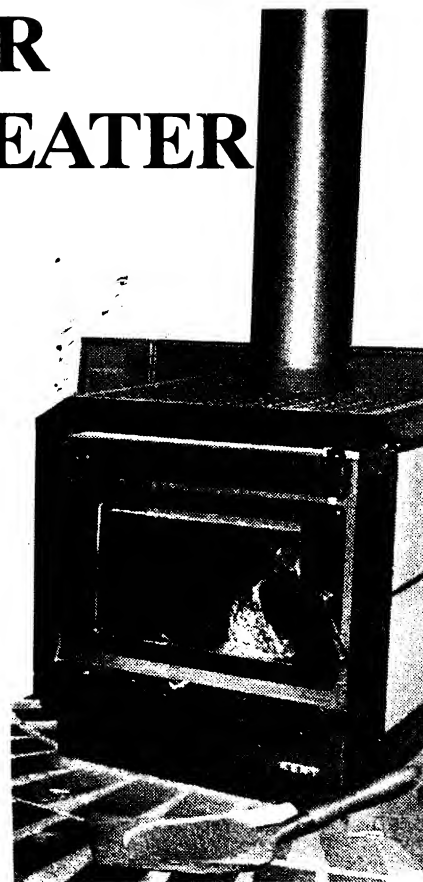
Other Suggestions

Although I haven't, you might like to try these too:

Pork Chop with a slice of apple or apricot, 30-40 minutes.

Chicken Breast with chopped onion, chilli and soy sauce, 20-30 minutes cooking. If you used a thigh (Maryland) it would take longer.

Meat & Vegetable Kebabs would take 15-20 minutes.



Fish and Seafood would be nice with a slice of lemon and pepper. Times would vary dramatically with size and thickness.

DESSERTS

To finish off the meal we must have some 'afters' as well. Here are a couple of easy ideas.

Fruity Baked Apples

Peel and core a firm-fleshed apple such as a Granny Smith. Fill the centre with a mix of about one tablespoon dried fruit, one teaspoon brown sugar and spices. Wrap and bake for 20-30 minutes or until tender. Try diced dried apricot and nutmeg, sultanas and cinnamon, or fruit medley and allspice. A teaspoon of rum poured down the centre before baking is good too!

Banana Surprise

Peel back one strip of a ripe banana's skin, and make a lengthwise slit in the flesh with a knife (but not through the skin below). Press in a couple of squares of chocolate. Reseal the banana and bake around 10 minutes, until the chocolate has melted.

For real indulgence, serve with cream and ice cream, add marshmallow to the banana if you are a real sweet tooth!

CLEAN UP SCALY LEGS

by Megg Miller, Euroa, Vic.

Winter is an ideal time for tackling management jobs around the small farm and one such task that should be a priority is scaly legs in fowls. By this I mean that rough, dry growth-like material that appears on some fowl's toes and legs and gives them a bizarre appearance.

Because it is a contagious condition it should be eliminated over winter so none of your broody hens have the opportunity of transmitting to their offspring. A minute mite is responsible, and may be transferred through bodily contact, as during mating or when sitting on chicks or via infected litter.

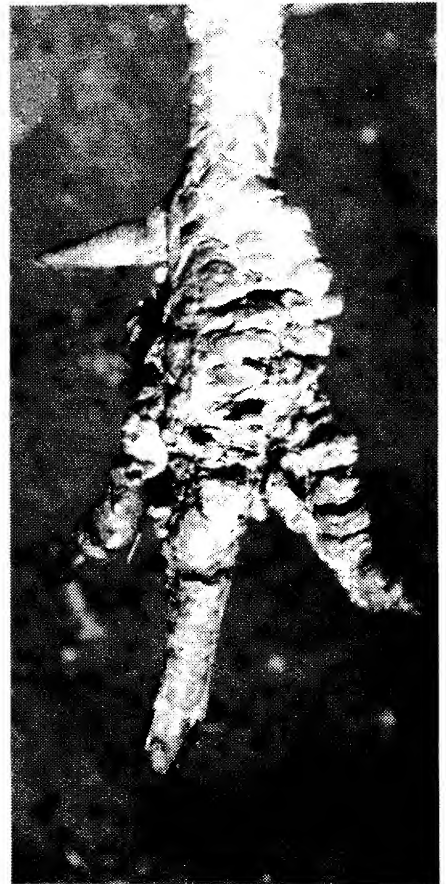
The old-fashioned – and still the best – method of elimination is to scrub the legs of infected birds with warm soapy water and dry with an old cloth to take off excess water.

Using a discarded toothbrush liberally apply either sump oil or a weak solution of cheap (blended) cooking oil with a few drops of kero added. Too

much kero will burn the legs, so it is better to be conservative with this product. As a guide I usually make up about $\frac{1}{2}$ - $\frac{3}{4}$ cup of oil with no more than $\frac{1}{3}$ teaspoon of kero.

The secret to eliminating scaly leg is persistence. Be prepared to follow the above-mentioned routine for many weeks if the condition is bad. A few minutes set aside one evening a week will control and hopefully eliminate its presence in the flock. Fowls and occasionally turkeys and guinea fowl can be afflicted, but waterfowl appear resistant to the irritation of this mite.

A word of caution. Numerous proprietary products can be used with varying success, including WD4 and surface sprays. Poultry keepers have reported fertility problems amongst fowls on which some chemical insecticidal sprays have been used, so use of a safer option is recommended with breeding stock.



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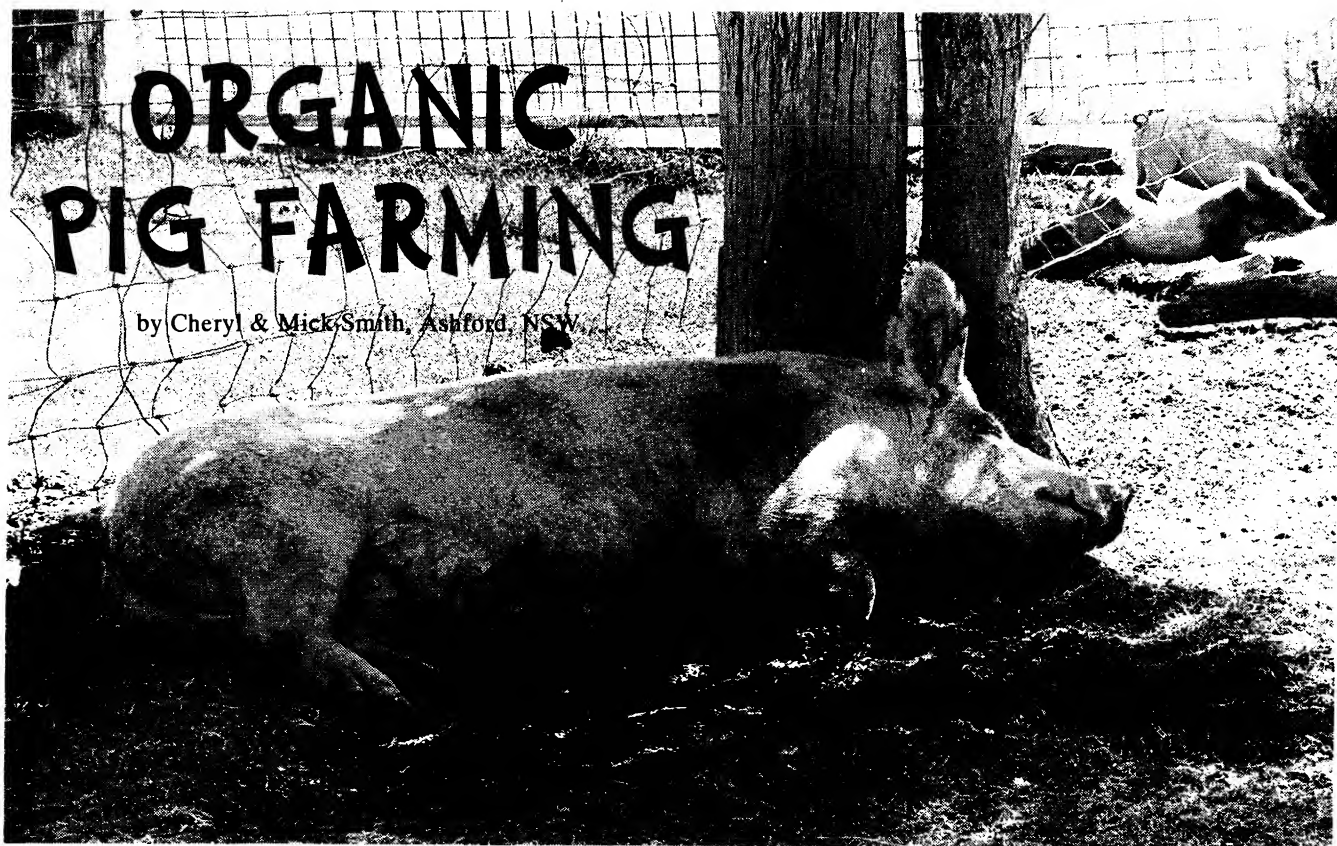
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Three years ago, Mick and I moved to the bush and were looking for an income. We did not have the money nor the desire to set up an intensive infrastructure but were keen to start a piggery. Thus, with the help of our business partner and mentor, Ken Dark, we started a free range organic piggery with 50 acres, four sows and a boar.

It all sounds so simple doesn't it? Well believe me it wasn't to start with. There weren't a lot of people around who could give us advice on what we were setting out to achieve, so away we went along an unknown path, making monumental blunders and startling discoveries on a regular basis.

That was three years ago and in that time we have gained a lot of precious knowledge and experience. We have also proved many sceptics wrong who said that growing pigs totally chemically free and completely outdoors could not be done.

The most vivid illustration of the success of outdoor pig raising occurred during last year's floods. There was one of our sows, knee-deep in water on the edge of the riverbank, head down, backside up, absolutely loving it. While I had been at the homestead worrying about her, she had just kept moving

uphill to stay a step above the rising floodwater.

Pigs would have to be one of the smartest of animals as ours have proved over and over again. For instance, we experimented with different farrowing houses. Which should we use? The crates as in conventional piggeries? We put a sow in one of these and she became so aggravated from being enclosed that she broke through 2.5 centimetre steel pipe. Quite a sight for us on the other side of the enclosure. The sow ran between Mick's legs and he rode her up the paddock. (Please note that these pigs had never been in a crate before, nor had they ever been shedded, therefore they were not used to any enclosure whatsoever.)

We then thought we would put them straight out in the paddock in the good weather months to see how they went. They make the most amazing nest you will ever see. Imagine the long grass out here, about mid-thigh high and very dry. The sow will chew it and make a 'wave' type shape out of it which stands at almost a metre high. She makes it hard with some mud and saliva. One side of the wave is open and she lies on that side. Think about it. The wave is high enough for her to lie under, the

piglets are born, they naturally come around to her milk-filled teats and are automatically protected from the harsh weather conditions. And what about the sow? Well, a sow's hide is tougher than anything you can imagine, and thick enough to withstand most conditions.

We don't like taking too many risks with the elements though, so this form of farrowing is purely for the milder seasons of the year. To handle the summer and winter temperature variations (40°C plus in summer and -6°C in winter) we have developed our own unique housing for the sows. We call them 'sow-ins'. They are fully insulated and comfortable for the sows to go into for farrowing.

The sow-ins are constructed from recycled steel in a duplex design, with aeration provided by openings at both ends. Straw is put down inside for the sows to nest in and construct their waves from. The sows seek out the shelters for protection whenever they are about to farrow during extreme weather conditions. They can come and go as they please in their lush, pastured paddock.

Depending on the cleanliness of each sow (it varies considerably), up to three consecutive litters can use the shelter before it is moved. The sow-ins are



The sow makes a wave-shaped nest which protects the piglets from harsh sun and inclement weather.

designed so they can be readily dragged from paddock to paddock. This helps with parasitic worm control and enhances the health of sows and piglets.

The piglets will stay with their mum for four to six weeks, we then 'batch wean'. This means taking the strongest piglets off their mother first, leaving the weaker ones a better chance at the milk bar facilities! They then go directly into a weaning paddock and are given 24 hour love and attention. From here it's into our growing paddocks which all contain a crop. Once they reach the desired weight, it's off to market.

Being such intelligent animals and creatures of habit, the piglets will, when moved to different paddocks on the farm, spend their entire time trying to escape back to their previous place of abode. Therefore, secure fencing is a necessity and has to be absolutely pig-proof.

After setting up infrastructure such as barbed wire, pig netting and electric fences to keep the pigs in their paddocks, we still have the odd Steve Macqueen who can escape from anything. No need for worry, they always come home for a feed at dinner time. Our supplement feed ration is 100 percent organic, sourced from only A-grade accredited producers. This feed ration has taken a long time to perfect as pigs need a ration that will give them everything they need in conjunction with the rotational pasture on which they graze.

Our sows are averaging two litters of

ten piglets per year – twenty piglets per year reared to weaning. We were using an organic liquid seaweed supplement which boosted fertility levels to 16-17 piglets a litter, but that was too many for the sows to take care of so we've since adjusted the ration to get a more manageable number of piglets. We are now getting 12 - 13 piglets a litter and weaning an average of 9 - 10 good pigs. These numbers are very good for a system such as ours.

Because we do not use any growth promotants, artificial additives and antibiotics, our porkers take four weeks longer to grow out to the desired weight. We find that this, in conjunction with the rotational pastures, gives the meat a much pinker more tasty flavour than conventional pork.

I started marketing this different type of meat by just phoning potential buyers and asking them their needs. I found that a lot of people in the alternative market did not eat pork or bacon because they did not like the way the animals were kept or what they were fed.

All pigs are presold before leaving the property. They are killed and dressed at Booyong Abattoir in Inverell and then dispatched in refrigerated transport to the buyer. Demand is exceeding supply at the moment. We could move an extra 20 pigs a week at this stage and we are only scratching the surface of the market. The call for the bacon and ham is beyond belief, mainly due to the fact that it tastes just like the homemade ham

and bacon from many years ago.

One of the most rewarding markets we have is the chemically sensitive people and cancer patients who must have absolutely no chemicals, residues or antibiotics in their food and are the reason why we have to ensure that anything we market is 100 percent organic.

We are certified with the Biological Farmers of Australia which gives us use of a logo that states that we have been inspected by an accreditation officer and found to be clean of all residues and chemicals. We also, on a regular basis and of our own accord, have meat, soil and grain residue tests completed on our products so that we can ensure our product quality is of the highest at all times.

We sell to only the most reputable distributors and are proud to say that we now supply the first accredited home delivery/retail outlet in Sydney – Organic Action at Homebush. We also provide our pork and bacon to Mary's Organic Home Delivery Service and Planet Organics, both based at Roselle.

Our retail outlet in Brisbane is Crystal Waters Butchery at Thornlands who are on their way to becoming the first certified organic butchery in Brisbane. It is very exciting to think that these retail and wholesale outlets are becoming certified and are taking the whole idea of the organic industry seriously. It proves that the market is out there for the taking by those who want to put the effort in and do the work.

LOW ALLERGY HOUSE

by Audrey van Onselen, Burram Heads, Qld.



In 1992 I became ill with a stomach virus from which I could not recover. I had to resign from my job as a solicitor in Brisbane due to allergies and chemical sensitivities. My husband, Nikolaus, and I had renovated our old Queenslander house in Brisbane using no protection against the old lead paints and this, I believe, was part of the ill health picture.

I was diagnosed with chemical sensitivities in 1993 and spent 1993 to 1996 researching nutrition, food additives, toxicology and building biology (clean architecture). Nikolaus has a range of sensitivities also. Part of my research incorporated reviewing material safety data sheets of building materials on the market, researching the chemicals, and finding alternative safer materials.

I have read books on the subject and found overseas books to be the most valuable, but they present the problem of not being able to source local material. Based on my research I developed the construction of this healthy house. It stands to reason that a decrease in the chemical load in a home will be helpful both in the short term and long term for everyone. It has worked for Nikolaus and I, however, I can give no guarantee that it will be the solution for everyone.

The chemically 'clean' aspects of our house include:

- fired clay blocks,
- glass blocks,
- steel staircase and balustrade,
- metal and glass external and internal doors,
- metal and glass windows,
- all the flooring is cement covered by

ceramic tiling,

- roof insulation is a pure aluminium product,
- five ventilators positively vent the rooms and ceiling space,
- no termite-proofing (not required because of design).

Wood is a product which I will not have in the house or as a building material. Wood is a problematic material as it absorbs and outgasses chemicals. It usually has been treated chemically in the stages of growth, transportation, storage at sawmills, end product treatment (CCA treated pine); then it has to be finished (with paints, resins, etc). Recycled wood is particularly scary because its chemical exposure is an unknown factor. The keys to decreasing chemical load in building are the use of inert materials (brick, glass, metal, ceramics) and lots of ventilation.

Nikolaus and I chose to live at Burram Heads, forty kilometres north of Hervey Bay (Queensland), because it came within the parameters of our search for a healthy location. These included:

- No primary or secondary industries.
- Fresh ocean breezes (our house is only 30 metres from the beach).
- Located outside the envelope of possible contamination by chemical spray drift from primary industries.
- The city council does not use chemical eradication for mosquitoes and midges in this area.
- There is little scope for urban development because our town is surrounded by national park and the ocean.
- There are no golf courses nearby (an area that will be chemically treated to

maintain pristine lawn).

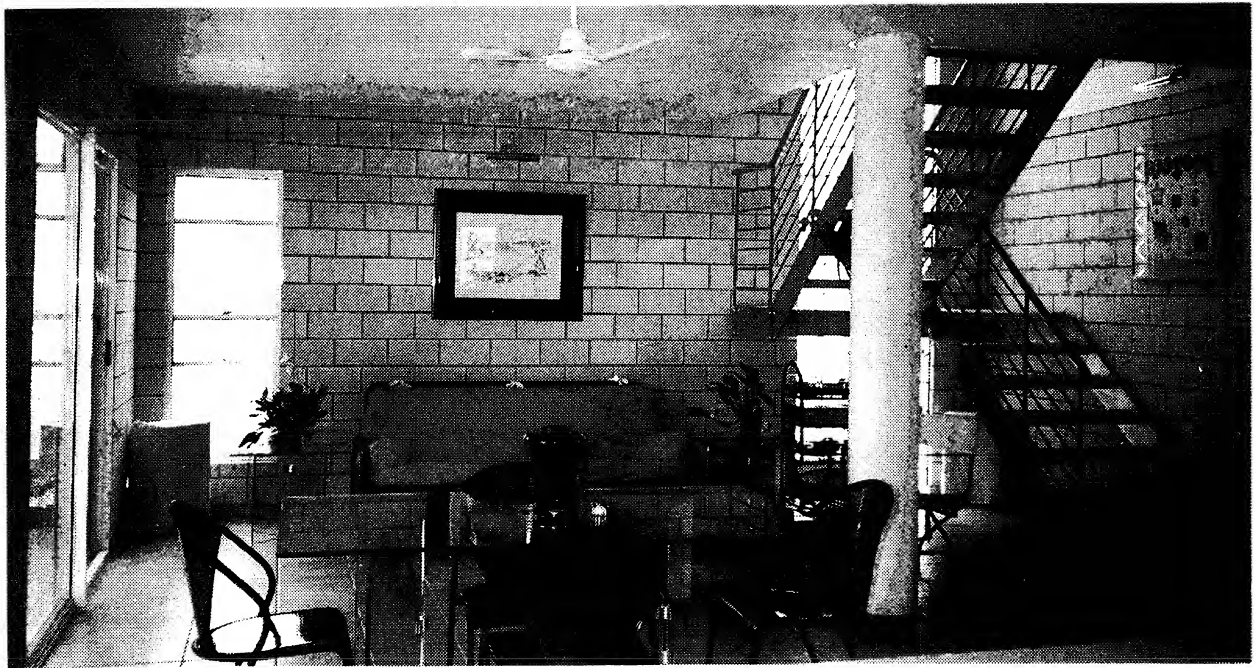
- No artificial canals (treated to inhibit mosquitoes).

We moved into our new, odourless (no 'new house' smells) home on 13 December 1996 and have certainly enjoyed the benefit in terms of health. The greatest liberation is that I no longer have to spend the bulk of my time living on a verandah in order to escape chemical outgassing from a chemically laden home.

I am receiving endless telephone requests and correspondence concerning my healthy house. It is encouraging to see the raised awareness of those succumbing to chemical sensitivities concerning the toxin load in our homes and environment. The media response of two newspapers (*Courier Mail* 28/1/97 and *Fraser Coast Chronical* 1/2/97) and the nationwide television shows (Channel 9's *Today* 6/2/97 and Channel 7's *Today Tonight* 14/2/97) certainly indicates the desire and need of many people to have healthier environments.

At first, in response to many inquiries, I spent a great deal of time and energy becoming almost a speaking text book on the telephone. This drained a lot of my energy and took away from the herbal medicine study I am undertaking. The topic of a chemically healthy home is so large that it cannot be conveyed in a conversation or letter. In response to all the interest Nikolaus and I have started an advisory service about healthy homes, so that others can access the information quickly and simply.

✦ Nikolaus is doing his final year of a degree of Information Management.



The use of inert building materials such as brick, glass, metal and ceramics is of paramount importance when constructing a low-allergy dwelling. Note steel staircase (above).



This enables us, although living in a remote area, to electronically access world-wide information on healthy buildings.

I am investing my energy in collating my research of the last few years to format into a written package, which I will sell at a reasonable price. It may take some months before the printed material will be ready, but I will place any interested readers on our mailing list and advise

when the package is complete.

Recommended Reading

The Healthy House, How to buy one, how to cure a 'sick' one, how to build one, J Dower (1990), New York, Carol Publishing Group.

The Nontoxic Home and Office: Protecting yourself and your family from everyday toxics and health hazards, D L Dadd (1992), New York, Earthwise Consumer Guide.

The Green Cleaner: How to clean nearly everything: Environmentally safe, B Lord

(1991), Australian Conservation Council.

The Natural House Book, D Pearson (1992), Sydney, Angus & Robertson.

The Clean House Effect: Hundreds of practical, inexpensive ways to reduce the use of chemicals in your house, R E Stewart (1993), Melbourne, Agmedia.

Contact

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Email: nikober@acslink.net.au

THE WHOLE PERSON

by Rita Summers, Herrick, Tasmania.

Two events in my life in 1992 caused me to think long and hard about humanity's whole approach to life, health, and spirituality. These were my own health problems (incapacitating back and head injuries, plus late onset severe asthma) followed by the reading of a book called *Boosting the Immune System*, by Nancy Corbett.

When one has to sit quietly for ten to fifteen minutes several times per day with a nebuliser mask over one's face, one has time to ponder. The necessary rest and 'slowing-down' associated with ill health cause many people to re-assess their lives and attitudes, partly because they had little time to do so before! This was the case with me.

Unfortunately, humanity, especially in this century, has concerned itself with symptoms more than causes. Often, we have been putting band-aids on wounds without finding out how to prevent them occurring in the first place.

As a dedicated Christian, I am amazed that the responsibility we were given to care for the earth has for so long been taken to mean a dominant, controlling role. We have presumed that we have all the answers; we have imposed our will on everything around us; and now we are puzzled and aghast because we are finding it increasingly difficult to deal with the effects of our actions. We did not foresee the chaos we would create by our own egotistical methods. Now the wounds are appearing faster than we can patch them up.

We have health problems, so we assume that by taking drugs of all descriptions we can solve them. We have difficulties with wildlife eating our crops, so we poison them. We have economic problems, so we cut corners, and moral issues and better long-term solutions are suppressed. We have hobby-horses, and our pride will not allow us to negotiate with those who have opposite views, so we have strikes, walk-outs, arguments, wars, famines, starvation and ecological disasters. Despite these glaring ineptitudes we persist in

thinking we have all the answers. As human beings we have forgotten our spiritual needs and roots.

We have looked at the human body, the earth, and relationships as if they are machines, able to be taken apart, studied and manipulated. Life itself, the very element that sets these things apart from machines, has been minimised in importance. As Nancy Corbett states in her book: 'How can the study of life leave out the only absolutely essential thing which characterises it? How can it ignore the extra factor which makes sense of the increasingly evident truth that the whole is *greater* than the sum of its parts? (Emphasis added.) That essential thing, that extra factor, is simply the fact of life itself.'

She goes on to say that we are at last coming to see the universe as '... an extraordinarily beautiful process. The reality is more magical than our former scientific theories were capable of describing ... we are beginning to acknowledge the individuality of the web of life.'

In the last decade or two, the holistic approach has been gaining in publicity and popularity. Some people have had difficulty in accepting this way of thinking because of some of the 'way-out' lifestyles, ideas, and methods presented by many adherents and proponents of the holistic method. I think one of the problems is that while holism has at least begun to acknowledge the spiritual dimension inherent in our makeup, it has not gone far enough. It has been sidetracked into sometimes harmful, sometimes useless, spiritual paths.

Perhaps if I explain how my health problems are being handled I can project my thoughts on the 'life' issue better as one which we need to approach as a whole rather than a compartmentalised one.

Medically speaking, my back is a mess. I have two areas of compressed discs and one vertebra has signs of an old fracture. Muscles are under strain, causing my spine to be out of line. My

right hand, which I injured while shoving a difficult log of wood into the stove, had damaged ligaments which were not healing up. As an active person of only 38 years of age, and as a musician and craftsman, these injuries were devastating. The possibility of surgery on both back and hand was a consideration. After discussion with my doctor, we decided to try to prevent the need for surgery by practical changes to my lifestyle, such as getting a trolley for moving heavy wet laundry, improving our bed, and losing weight.

In my church fellowship, my Christian friends prayed over me for healing in my back. By that evening, I was able to stand upright and get out of a chair with much less pain. In the weeks since, they have continued to pray for me and to give practical, loving help.

I visited a Christian naturopath/chiropractor who has practised for 45 years. The patients I have met whom he has treated have been helped greatly by him. He massaged my back, hand and arm and gave me a new, positive outlook on my condition. I was, as a consequence, not only better physically after my first visit, but I was better emotionally and spiritually.

A couple of weeks later, I developed severe asthma, which I had only experienced once before about 12 months previously. This time it took three visits to the doctor and one to the Asthma Foundation, plus three types of tablets, Ventolin, and another inhalant, before it was stabilised. After 10 days I had improved greatly but have to face the possibility of future attacks and continuous treatment. However, if you can't breathe, you're dead, so you do what you can to get your lungs working.

I visited the naturopath/chiropractor again and his work on my back and arm once more was very beneficial. His view that improving my back also would improve my breathing made a lot of sense and again I was encouraged to feel more positive about my health. We discussed other helpful measures such as changes

We need to change from a confrontational, one-track approach to a peace-seeking, unselfish, many-faceted one. And above all, we need to acknowledge the God who designed this world, with all its complexity, beauty and life.

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to diet and reducing stress.

Since February 1992 the children and I have been taking tablets made from garlic (a natural immunity builder) to prevent infections, which also trigger off our asthma. In the following year, we noticed a marked reduction in the occurrence of colds, flu, and bronchial problems.

One of the great wonders of creation is the way our immune system works. Today, with an increasing number of diseases occurring due to a breakdown in the immune system, we are beginning to realise that conventional medical treatment is not always the answer. Many of us know of at least one person who suffers from ME (chronic fatigue syndrome) or AIDS. A very large percentage of us experience allergic reactions to various substances. It may take years before symptoms appear, or they may appear after a single exposure. We can in some cases treat the symptoms, but if we can avoid the factors which trigger these illnesses in the first place we can turn our health around.

Nancy Corbett describes several cases where good health was only regained when problems in environment and lifestyle were tackled. In one case, a candida yeast infection threw a woman's inner ecology off-balance, set off allergic reactions to foods, and led to immune malfunction. In order to deal with the candida, the first thing to do was to stop feeding the yeast, which meant getting rid of all sugars and yeast in the diet. The next step in the strategy was a course of antifungal medicine (prescribed by a doctor), and supplements of vitamin C, large quantities of acidophilus, and beta carotene (these last three being recommended by a naturopath). It was a difficult time for the patient and counselling was also necessary to assist in such radical changes to her lifestyle. The improvement in her health was dramatic. Relationships had suffered, drinking had been uncontrolled, and a merry-go-round of tranquillisers and antidepressants had taken its toll of her health and self-respect. She will have to avoid alcohol, but some of the allergy-inducing foods can be re-introduced as her immune system recovers.

As one reads her case history, one is struck by the wholeness of the approach to treating her condition. Medicine, naturopathy, environment, diet, and counselling all played their part and worked together in getting her health

back on line. Wouldn't it be wonderful if the experts in these fields could always work together, instead of 'pushing their own barrow' to the exclusion of all others? Attempts by the AMA to restrict the work of naturopathy is a case in point; my own experience with the attitude of a doctor towards diet and vitamins in relation to my son's health when he was small is another.

Many of us are so locked in to the sickness/antibiotic/fatigue/allergy rollercoaster that we can't or won't consider other options. We might have a gut feeling that there must be a better way, but we don't know where to begin looking. An open mind is important, as is discernment and a willingness to read, to ask questions, and to keep informed. My doctor is very willing to answer questions; my naturopath explains everything he does; I read and study books. I don't accept everything I read and hear verbatim, but sift, cogitate, and decide what to accept or reject. For example, I refused to consider surgery on my back and hand, but accepted my doctor's advice on lifting, bed alterations and weight loss. I accepted the naturopath's recommendations about diet in relation to asthma control, but still use the medication prescribed by my doctor. I received healing through prayer, but continue to use the healing abilities of experts. I believe we were given a brain to use - we don't have to accept everything we hear, but neither should we reject anything without learning about it so we can make an informed decision.

We must overcome our pride in our own abilities and see that so far it has too often led us into chaos and despair. We need to change from a confrontational, one-track approach to a peace-seeking, unselfish, many-faceted one. And above all, we need to acknowledge the God who designed this world, with all its complexity, beauty and life.

Reference

Boosting Your Immune System, by Nancy Corbett, Sally Milner Publishing Pty Ltd, Birchgrove NSW.

Make contact with Grass Roots



Nominate someone for the
Grass Roots Awards
See page 67 for details.

A RECYCLED POULTRY PALACE

by Alan Stewart, Alexandra Hills, Qld.

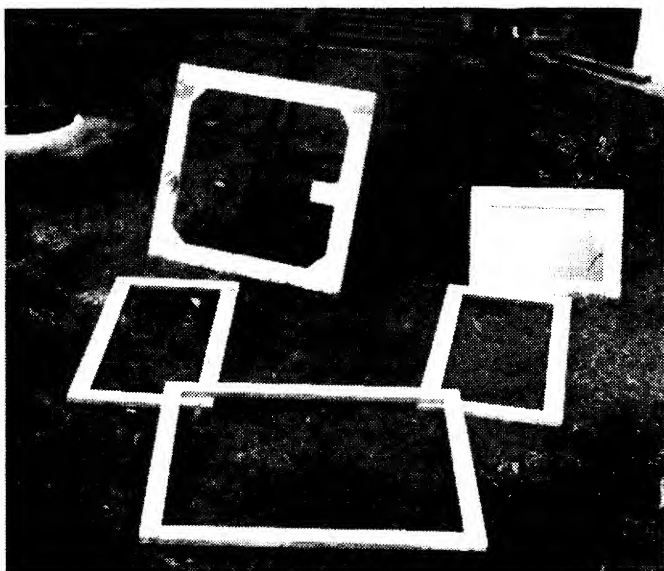
I've always been a scavenger, but my recent efforts started one afternoon when I was returning home on the train. I noticed a pile of waste timber on a block of private land. Further enquiries revealed that the block was a privately owned trade waste tip and, after some discussion, the owner allowed me to take away anything I thought I could use.

It is unfortunate that councils have closed tips to scavengers these days. This policy seems strange when there is such a need for tipping space. Why don't councils welcome the committed recycler whose only interest is converting waste into useful items?

Another fertile area for useful waste is the construction site. I have often found the site manager has been quite happy to allow me to take waste from the bins when he knows I am interested in recycling it at home.

If you use your imagination, it is easy to recycle free or inexpensive materials to make many items for home use or resale. The poultry pen below cost a total of \$88 to make and most of that was spent on extra iron and a few fasteners and hinges for the doors. The timber was free. In future issues of *Grass Roots* I will have other easy recycling projects. In the meantime you can start collecting timber and galvanised iron for your recycled, predator-proof poultry pen.

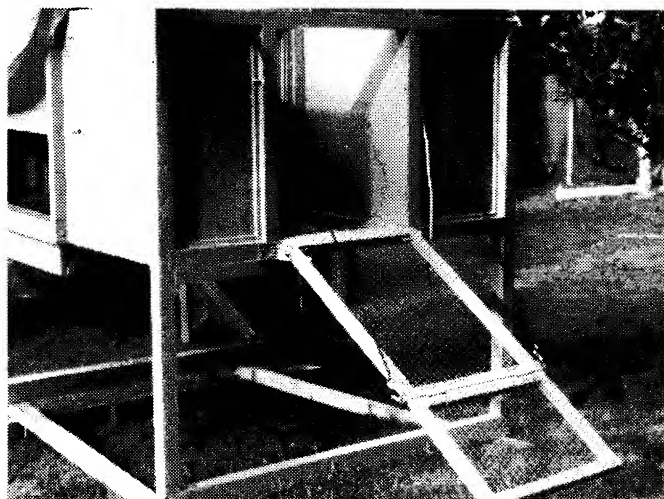
THE PROJECT



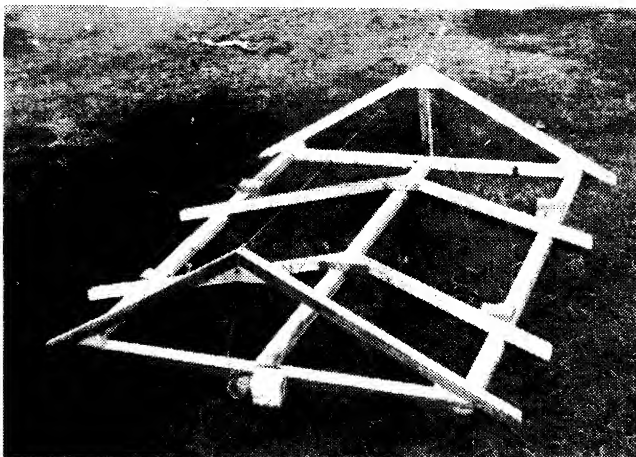
1. Frames for the doors and shutters are made first. Joints are halving joints which are simple, quick and easy to reinforce with wood scraps.



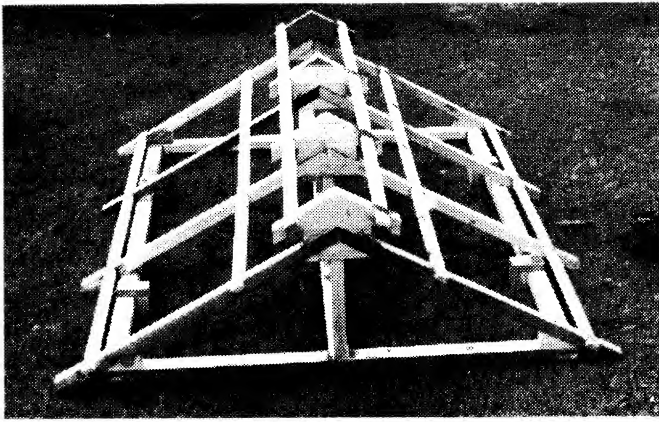
2. The frame is constructed so the shed is well off the ground to keep birds safe from predators. You can design the shed any way you like; this one incorporates a nest box and storage compartment.



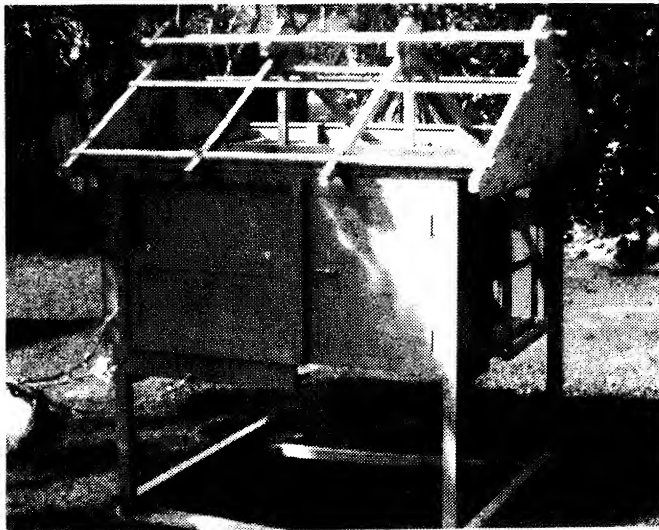
3. A simple ramp is easy and inexpensive to make. This one folds up into a door which can be closed at night.



4. The roof structure is glued. The ends are set in place and the inner joists are aligned using a string line along the top. There are two studs on each side of the roof frame for bolting on to the main frame.



5. With the gable structure complete, the roof assembly is finished. It needs two people to lift it into place because of the awkward shape. The design provides full cross (eaves and ridge) ventilation in summer and can be closed off completely in cold weather.



6. The roof structure is bolted to the main body ready for the cladding.



7. The unit is complete. The front section shows the ramp folded up, closed securely with an octopus strap. The storage area is behind the locked door on the left, and the compartment at the right of the ramp is a nest box. Opposite the storage door, on the right-hand outside wall, is a door giving access to the nest box. A high barrier at the bottom of the entrance prevents the loss of nesting material when the door is opened.



8. The back of the finished shed. A sliding trap door has been built into the middle of the shed so birds can be easily caught when required. This unit is very sturdy and should give years of service. Solargard paint is guaranteed for about ten years.



9. An Australorp hen uses the ramp to enter the night 'lock-up' section. The sliding shutter on the left reduces air flow in cold weather. I intend to establish a permanent site for my chook shed on concrete which is easy to hose down.

* Heritage Seed Curators Association

The Association for Seed Savers who really want to grow & preserve Australia's heirloom Fruit & Vegetable diversity for our children's children, as well as just eating it!

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NO-SEW LAMPSHADES

by Marly Wright, Maryborough, Vic.

This pattern is an easy no-sew version for those of us who may think lampshades are complicated (I did).

PROCEDURE

Materials

- lampshade frame: large, small or whatever (Tiffany lampshades are lovely)
- marking pen
- approximately $\frac{1}{2}$ metre of pretty material
- approximately $\frac{1}{2}$ metre of lace material (try evening dresses from your local op shop)
- bias binding to match main material, approximately 2 metres
- fringe to match the braid above (for Tiffany style) or wide gathered lace
- craft glue
- scissors
- small pot acrylic paint (in toy shops for model aeroplanes)
- child's paintbrush
- a sheet of old newspaper
- dressmakers' pins

Method

Place your lampshade frame on the sheet of newspaper and draw around one of the sections by bringing your marking pen around the base edge and up on the outsides of the section up to halfway. Then tip the shade gently and continue around the top half (see diagram A). Take the frame off and cut around your

paper pattern allowing an extra centimetre all round, and put to one side.

Take the frame and paint the bar and inner circle on top of the frame (see B1). If it's a table lamp paint the circle in the frame and the wires connecting it to the frame, usually three. Set aside to dry and rinse out your brush with water (see B2).

Diagram B1

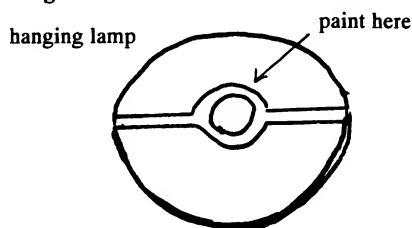
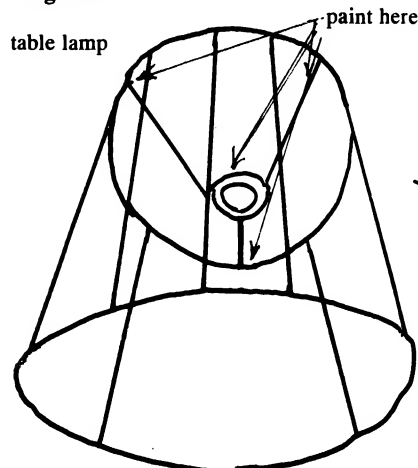


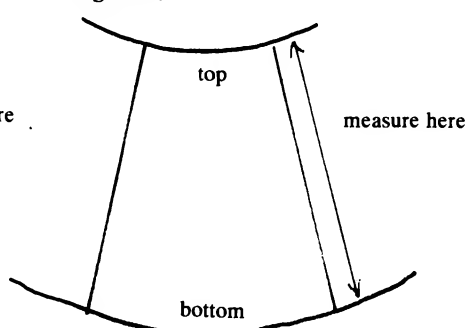
Diagram B2



Using your newspaper pattern, place it on the material and cut out eight pieces (if there are eight sections). Do the same with the lace material. Press them carefully and put to one side.

Measure the frame from top to bottom (diagram C). Cut about $1\frac{1}{2}$ times the length from the bias binding (cut 8 pieces). Open up one of the folded edges of the binding and dab with glue. Attach the binding to the top of the frame, and bind it over and over the wire, to the base of the frame (see D). Cut and glue down. Repeat until all the down wires are covered in binding.

Diagram C



Cut another strip of bias binding (approx 45-50 cm); no set measurement, stated length for ease of working only. Put a spot of glue at the base of the frame beneath the wire already bound down, and bind as before around the base, gluing at the end of the binding and again as the next length is started, until the bottom of the frame is fully bound.

Diagram D

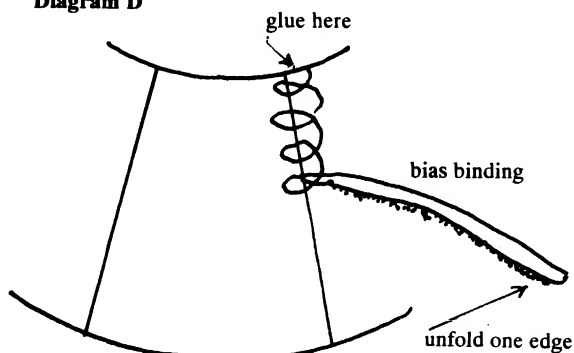
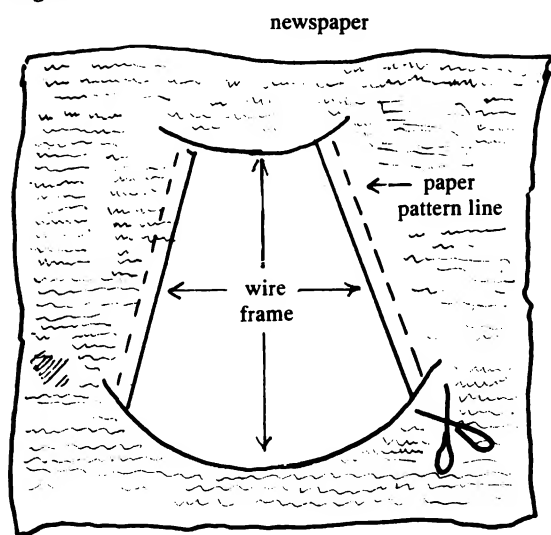


Diagram A



cut around pattern line 1 cm larger than actual pattern

Using the same method, bind around the top of the frame. The only wire showing should be the painted parts. Do not bind these or a fire may result.

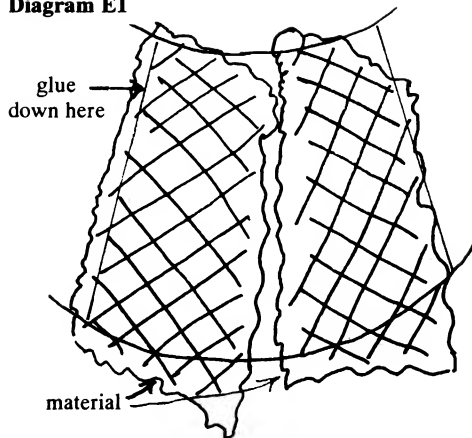
The frame is now ready to cover. Taking up one piece of pretty material and gluing all the way down one of the bound wires, centre the material over the area and press with the fingers on the material all down the glued wire. This will leave the section attached down one side. Carefully fold the material back over the glued edge, and repeat all the way round the shade. It will look like it's in full sail. Leave for 15 minutes. (diagram E1).

Press glued edges again all around the frame, then trim off the surplus material along glued edge, carefully, so as not to cut main material (see E2).

Now, glue along a section, down the next wire (previously trimmed), and along the base wire of that section only. Pull the material taut, across the wire frame and press on to the glued down wire, pull the material taut along the top and press down onto the glued wire, and again at the bottom of the section. There should be no wrinkles in the material and it should be as tight as a drum. Repeat all around the frame, put aside for 15 minutes.

Carefully press all around glued are-

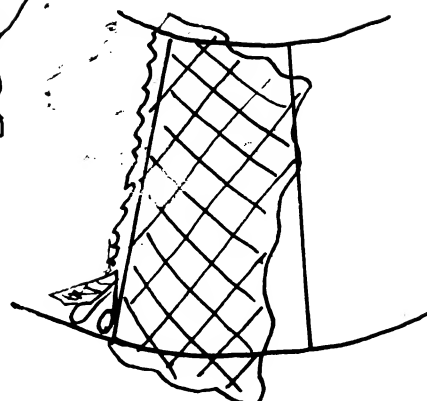
Diagram E1



leave top, bottom and side free

trim material close to glued edge

Diagram E2

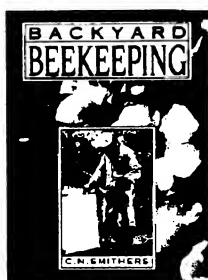


as, then trim away excess material. If lace material is to be used, attach this in the same way as the base material. Trimming the excess away as before.

Take the braid trim and glue down wires one at a time. Pressing the braid down over trimmed edges work your way around the shade. Next glue around top of shade and press on the braid as before, cutting and gluing edges down.

Do not put braid onto base of shade yet.

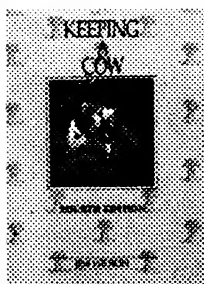
Measure around the base wire and cut a piece of fringe or gathered lace, plus one centimetre. Glue inside base, and attach the trimming, pressing into the glue. Let glue set for 15 minutes, then glue around outside edge and add the final braid trim. The shade is now finished and you are an expert!



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A PRODUCTIVE RUBBISH HEAP

by June Birkett, Coopernook, NSW.

'Waste not, want not,' was a catch phrase of the oldies, often directed at children of the 1940s. In fact they were recyclers before we knew what the word meant. My rubbish heap had been a source of annoyance for some time and, with a desire not to waste, I decided that things of beauty, productive and useful could be produced from rubbish.

Having no council garbage pick-up and being on a farm, I sat down and worked out what I could do with the ever increasing rubbish pile. Bottles, tins, plastic, silage wrap, old machinery, anything I could get my hands on I decided to use to build up a section of bank around our house in which to plant fruit trees. It was an enormous task, one I almost stopped before I started. Having physical handicap problems, I thought it could be beyond my reach. But each time I looked at the rubbish heap as it grew, I became more determined.

As an incentive I even selected the fruit trees I would plant when I had the bank ready to do so: a plumcot, an orange, a mandarin and a plum, fruit trees I had always wanted. I would make a larger bank around the house than we already had and cover it in fruit trees. So I started. I had access to a large amount of manure, beautifully aged by ten years, and thus now I had the enormous task of transferring the bank of manure from the dairy to the huge hole by the house.

First I piled all the tins, bottles, small old machinery, old tin, plastic, silage wrap, anything and everything I could find. Despite the amount of rubbish, when it was all lying nicely flat it looked as though it was nothing to the size of the area I wanted to fill. Undaunted I kept on. Next, two buckets at a time and occasionally a barrow load full, I started to fill. Oh for the help of a good strong man, but I pressed on. Slowly over the months the area started to fill and take shape. Unnoticed by the family, items started



The accumulated rubbish of years was buried and the resultant earthen bank planted with a variety of fruit trees.

disappearing: a huge old surfboard with a broken fin, pieces of old cars and toys, old tin and iron which for years I had wondered how to dispose of. Even old fibro found its way there. I planted grass runners as I covered the rubbish with manure from my heap, sawdust from the wood heap and sand left over from building. Once I started I could not stop looking for useless objects to cover.

And then came the day of planting. First my orange tree went into what was the top part of the broken bank, followed by the plum, mandarin, and plumcot in the new section, all in one straight line of trees.

Three months later I had extended my bank by a metre and the grass runners were slowly covering it. I used a huge amount of useless rubbish and turned it into a bank of fruit trees. As for that big hole under the crepe myrtle tree which was the horse's favourite spot to rub her back, well, I found some bits of old tin and plastic I had

missed. I think when I have finished filling it I will plant those geraniums I have to move from the verandah, they would look nice under that tree.

One person can make a difference; it is all in the attitude. One must be determined to turn waste into use. Whenever you are thinking of planting trees, always think of productive trees and try to plant fruit trees. Food will always be needed. This has been done in famine areas in Africa, turning barren land back into beauty and food. Recycling makes so much sense. Waste not, want not, really works. When friends come to call the first thing they notice is my fruit trees and the enlarged bank and it has inspired others to try similar types of projects around their own homes, with happy results.

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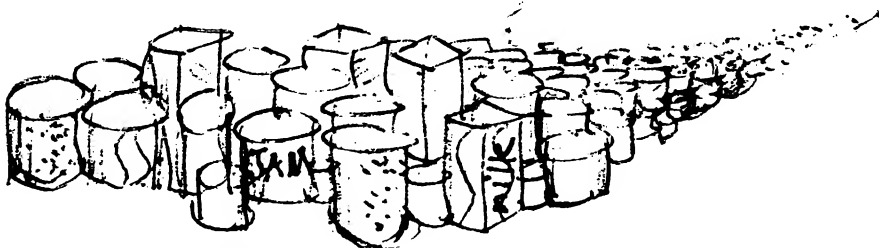
RECYCLING RUNS RIOT

by Roberino, Arrawarra Beach, NSW.

This time Roberino suggests a couple of garden watering techniques which utilise old containers of various sizes, from jam tins to fuel drums. They also help our water, that most precious commodity, go further.

If you live in a dry, low rainfall area or you have limited water storage, some help can be gained by arranging your empty containers (milk cartons, jam tins, paint tins) in a suitable area to catch rain in the times it does rain. When you have to water your garden your plants will love a drink, ever so small, from these 'water storage sources' and you are saving your tank water for later. Every bit helps. Many small parts can add up to form a very large total. Covering your water 'bank' with a sheet of galvanised iron will reduce evaporation. Remember, however, to remove the cover when it does rain.

If mozzies are a problem, a drop of kero in each container won't hurt your plants but will stop the mozzie larvae in their tracks.



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enough pressure. A 200 litre drum holding tank is a good idea anyway as hot water from the sink or washing machine can cook plants rather than feeding them if applied directly. When cooled down in the drum, preferably during the late afternoon, the tap can be turned and the plants watered.

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COTTON ON TO A HEALTHY FABRIC

by Mary Horsfall, Longwood East, Vic.

Cotton is a natural fibre and, as such, is often a preferred clothing fabric for many people. It is lightweight and comfortable and is great to wear during hot weather because it breathes well. It also decomposes at the end of its useful life, while man-made fibres seem to persist for ever.

Cotton does, however, have a less desirable aspect. It is one of the most polluting crops of all. At each stage of its growth it is bombarded with a horrifying variety of chemical pesticides. Even before the crop is sown the soil is usually treated with herbicides and chemical fertilisers. Depending on your source, cotton growing is estimated to account for 10-25 percent of the world's pesticides: half a billion tonnes per year is one estimate.

Many of the chemicals used are suspected carcinogens and are toxic to fish and other marine life. Others are suspected mutagens and neurotoxins, or are said to have damaging effects on human organs and be implicated in Parkinson's disease.

It's doubtful that a full accounting of the environmental effects of the quantity and mixture of cotton-growing chemicals has ever or will ever be known. One list gives over 30 different chemicals used, the possible synergistic effects of which are unknown but could have far-reaching implications in terms of environmental and human health.

All these chemicals seep into the soil and the groundwater, run off into water sources, and diffuse into the atmosphere. If you think that because you don't live in a cotton-growing area this does not concern you, it might interest you to know that tests of rainwater in a remote uninhabited Pacific atoll showed it to contain agricultural chemical residues. The end products (clothing and fabrics) contain sufficient residues that chemically sensitive people cannot wear them.

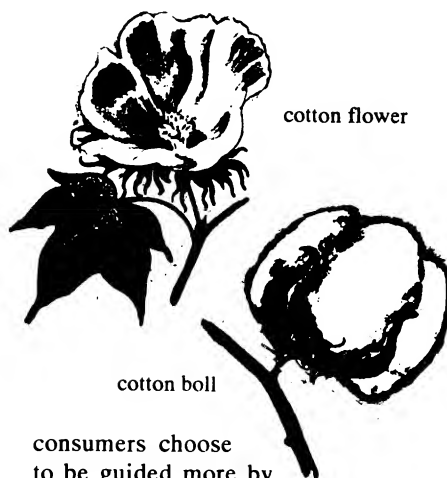
Apart from these concerns, there is the increasingly acknowledged problem of pesticide resistance. As the pests develop resistance to one lot of chemicals, a newer, stronger, 'better' cocktail is concocted. Thus we have a never-ending spiral of destruction.

The latest weapon in this war is a cotton genetically modified with a gene from *Bacillus thuringiensis* – sold under the trade name Dipel and currently used by organic gardeners to control the cabbage moth larvae. Some researchers believe that the potential for resistance to this new method is high (if not already present). That little is known of the ecological effects of such genetic tinkering is cause for grave concern to many.

The conventional cotton-growing industry and (of course) the chemical industry maintain that pesticide use is necessary in order to grow a commercially viable crop. Increasing numbers of growers of organic cotton are proving them wrong. In recent years, both overseas and Australian growers have successfully used organic methods to grow their crops.

These growers improve the soil with organic fertilisers and/or green manure crops, cultivate weeds manually, use crop rotation to break weed and pest cycles, and use natural methods of insect control. They might release, when necessary, predatory insects to control the pests, or plant a crop such as alfalfa to attract beneficial insects. They use less water because their soil improvement methods produce soil that is more water retentive. One farmer in Texas described using garlic juice with a fish oil carrier to control pests. It apparently cost him \$15 (US) per acre, as compared with up to \$200 (US) per acre for chemical sprays. He also reported increased yields over his chemical-using colleagues.

Organically grown cotton products are available in Australia. The Patagonia clothing company (based in the US but with Australian distributors) has made a commitment to use only organic cotton in its range of cotton clothing. Closer to home, Greenpeace and Earthworks both feature a range of Australian organically grown cotton clothing in their catalogues. At present, because of the small amount of organic cotton available, this clothing is marginally more expensive than conventional garments. However, as more concerned



consumers choose to be guided more by ethics than by price, so demand for the product will encourage even more growers to change to organic methods. The other aspect to keep in mind as far as price is concerned is that the end price of chemically grown cotton does not reflect its true cost to the environment or to the health of the community.

Contacts

Patagonia Australia Pty Ltd, 497 Kent St, Sydney 2000. Ph:02-9264-2500. Or, 370 Little Bourke St Melbourne 3000. Ph:03-9642-2266.

Greenpeace Merchandise, PO Box 6898, Wetherill Park 2164. Ph:1-800-804-184.

Earthworks, Australian Conservation Foundation, 340 Gore St, Fitzroy 3065. Ph:1-800-332-510, 03-9416-1166.

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GARLIC

by Gaelle Murray, Pinalba, Qld.



Garlic is a close relative of the onion and very much a friend of people as a culinary addition to foods, as a preventative agent for health reasons, or as the main ingredient of a natural all-purpose insecticide.

The leaves are long, narrow and flat, like grass. The bulb is of a compound nature, that is consisting of numerous bulblets or cloves. They are grouped together between membranous skin and enclosed in a whitish skin. Most people will have used them sometime during

their lives when cooking. I used to think there was some kind of mystery surrounding growing garlic. It is in fact a simple procedure, and, like onions, garlic will accept a poorer type of soil to grow in.

Garlic is one of the oldest and strongest of the edible alliums. The Romans believed it gave strength and fed it to their soldiers and labourers. The Egyptians gave it to their slaves who built the pyramids. It is thought garlic originated in Asia.

Plant in a row, in full sun, in the



"Garlic is best planted in late autumn or early winter. Plant in rows in full sun and fertilise lightly.



ground, same as for onions. A light dressing of fertiliser, spread over the ground you wish to use would be helpful. Late autumn is best for planting the cloves, pointed end up, in holes two centimetres deep and fifteen centimetres apart.

Weed well, preferably by hand to avoid hoe damage. If you have lots of top growth, support the stems with lengths of string between two stakes.

Harvesting can be done in summer when the stems and leaves lose their greenness and topple over. It is best to ease them out of the ground with a fork. Let the bulbs dry outside in the sun if possible, or inside if there is danger of them getting wet. You can save some of the outside cloves for next year's planting, or simply leave any unwanted bulbs in the ground to shoot again next season.

Recommended Reading

Garlic And Friends, by Penny Woodward, Hyland House Publishing.



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HOMEMADE WINE

THE VITAL ROLE OF SUGAR

by John Walters, Albany, WA.

The crystalline sugar which we use in the home, white sugar, is the one most often used in our wines and beers. Raw sugar and dark brown sugar can be used, but they will only alter the colour of the wine as all these sugars have the same origins, either sugar cane or sugar beet. The usual way to start the must is to add one kilogram of white sugar to 4.5 litres of water. This will give a dry wine.

Care has to be taken that the ingredients being used do not in themselves contain an amount of sugar which will mean that the one kilogram amount might have to be adjusted. This is especially so if it is a dry wine that is required.

A good example of this would be that when tinned or dried fruit is being used their sugar content has to be considered, because if a dry wine is the aim less than the kilogram of sugar per 4.5 litres water is needed. As an approximate guideline ten percent of sugar will produce six percent of alcohol.

Do not have a sugar level as high as 30 percent because there is no yeast that can cope with that amount. No more than 1.36 kilograms of sugar should be used in 4.5 litres of must. If this whole amount ferments right out, the alcohol content of the end product will be around 18 percent.

On the question of the alcohol content, it should also be remembered that this amount can be adjusted by the type of yeast being used. Some yeasts are made to produce a higher alcohol level if this is what is required. (See article on yeasts in GR 119 for more details.)

Most of us have heard of glycerine or, as the scientists call it, glycerol. Five millilitres, roughly one teaspoonsful, can be added as a sweetener to the heavier wines. However, this is not desirable when making a dry wine because it has a bit of a hot taste which is less noticeable in the sweeter wines.

Practically all fruits, or nearly all, have sugar in the form of fructose, glucose and sucrose. It is of interest to note that a sweet substance called sorbitol is found in a number of fruits. Sorbitol is widely used as a substitute for sugar in

SUGAR CONTENT OF FRUITS

Fruit	Total Sugar (%)	Principal Sugars (% of total)			Sorbitol (%)
		Fructose	Glucose	Sucrose	
apple					
cooking	8-10				
domestic crab	12-14	55	20	25	0.5
eating	10-13				
apricot	6-7	10	20	70	
banana	18	20	40	40	
bilberry	5-7	55	40	5	
blackberry	5-6	50	45	5	0
blackcurrant	7-8	55	35	10	
cherry					
black	11-13				
morello	9-11	55	40	5	1.4
red	9-11				
white	10-12				
cranberry	3-4				
damson	8-10	35	55	10	1
elderberry	10-13	45	45	10	
gooseberry					
culinary	4-6	45	45	10	
dessert	8-9				
grape	15-22	50	50	0	
grapefruit					
juice	6	30	30	40	
greengage	10-12	20	40	40	1
hawthorn berry	3	50	50	0	
lemon juice	1-2	55	30	15	
lime juice	3-4	50	50	0	
loganberry	4-6	40	55	5	
medlar	10-11				
melon	5-6				
mulberry	8	45	55	0	
nectarine	12-13				
orange	9-10	25	20	55	
passion fruit	6				
peach	8-9	10	10	80	0.9
pear	9-11	10	20	70	2
pineapple	12	10	20	70	
plum					
culinary	6-8	20	55	25	2
dessert	9-11	15	40	45	
pomegranate	11-14	45	50	5	
quince	7-9	70	25	5	
raspberry	6-7	40	40	20	
redcurrent	5	45	55	0	
rhubarb *	1				
rose hip	8-10				
rowanberry	8-10	50	45	5	3-6
sloe	5	45	55		
strawberry	5-6	40	40	20	
tangerine	7-8	20	15	65	
whitecurrant	5-6				

products made for people suffering from diabetes. It is not fermented by yeast and it helps smooth out the rough edges of young wines. I would not use it as a sweetener, but it can be used roughly half a teaspoonful to the litre of wine as a smoothing agent. Don't overuse it as it has laxative properties.

Wine can be sweetened without using extra sugar by adding, say, saccharin, but after use a slightly bitter aftertaste can be detected by some people. Nutrisweet is another nonsugar sweetener with a fairly clean flavour similar to sugar and little or no aftertaste.

To make sugar syrup that will be suitable in winemaking use 600 millilitres boiled water and 600 grams sugar. Keep stirring till the sugar is completely dissolved. Raise the heat and let the mixture simmer for five minutes or so. Allow to cool before bottling. You can use a plastic bottle for storage and remember to label and date the bottle.

The alternative to using this sugar syrup is to take a small quantity of the wine being sweetened and dissolve the sugar in this, returning the solution to the main body of the wine. The advantage of this method is that since no water is being used there is no weaken-

ing of the strength of the wine. Using this method of course, you must make sure that you take out a bit more wine than you intend to add the sugar to, or else you won't have enough space in your container to return the sweetened wine to. This is because every additional 100 grams of sugar will increase the volume of the wine by 65 millilitres.

There is a commonly held view that 'feeding the yeast', that is adding the sugar (as syrup) in small amounts as the yeast is getting near the end of its tether, will produce much higher levels of alcohol. Indeed, I have heard many tales of wine makers who have done this and persuaded the yeast to consume fantastic quantities of sugar, so much in fact that the wine should contain 25 percent or more of alcohol. Analyses of wines made this way reveal a disappointing amount of alcohol to be present, typical levels being 16-17 percent. It seems that the sugar is used to produce something other than alcohol, mainly more yeast in fact. It is now well established that if the yeast is in good heart it will ferment out enough sugar to produce the high alcohol levels even when the sugar is added all at once at the beginning of the fermentation. If the wine does show signs of 'sticking' near the end of the ferment-

tation, simply pouring it from one jar to another often works wonders. It adds a little oxygen to the wine and revives the flagging yeast.

Please note that sugar percentages shown in the accompanying chart are typical of those found in ripe fruit. There may be some variation between varieties. Gaps indicate that no figures appear to be available.

* Rhubarb is included, although strictly speaking it is a vegetable rather than a fruit.

John Walters is the author of 'Cheers!! Home Made Wines and Home Brewed Beers' reviewed in GR 117 and available for \$18.50 incl p&p. He can also supply yeast, etc. Any queries can be addressed to: J Walters, 6 McLeod St, ALBANY 6330. An SAE will get an immediate reply.

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I WISH SOMEONE HAD TOLD ME ABOUT: THE BUILDER FROM HELL

by Samantha Lane, Qld.

Nightmares appear in many forms. My nightmare is human, and after seventeen months (in August '96), he won't go away. Even the ghosts, we had two, moved out when our nightmare began.

The little cottage was charming, set in an idyllic location. The cottage had four rooms, and we decided that an extra lounge room, bathroom and loft bedroom would suit our needs. We wanted to extend out and up and not take away the look of the old-world charm. We sought the services of an architect who designed a plan with that in mind.

We had heard about the problems that go with building, so we decided to do everything by the book. The land was surveyed, we obtained builders' quotes, and, because of the height of the loft, an engineer was asked to check the design for safety. The extensions were to be built to lockup stage.

The builder we selected had a Gold Card and he assured us that in a matter of weeks he would 'have it up'. Plans were submitted to council by the builder and I was feeling good that no hitches had appeared on the horizon. Bells should have rung when he took one look at the plans and threw them in the corner.

I didn't know at the time that the builder had added an extra \$2000 to the agreed price when he submitted the plans. We had paid \$6000 so that he could pre-order the timber for the frame. Six weeks passed and we saw no sign of the builder, timber, or our money.

One would presume that the builder one hired would arrive in the morning, work, and then go to his own home each evening. Not this little gem. He arrived in a bus, a mobile home of sorts, with his wife, child, dog and two labourers. I couldn't believe it. Within half an hour, the picturesque front of our home was turned into a tangle of tents, tables, chairs, barbecue and kid's toys.

What with the dogs' barking, chainsaw and generator going, the wife cooking and the kid crying, I thought I was going to have a heart attack. This was happening at 5am in a quiet sleepy township. It looked like Barnum and Bai-

ley's circus had arrived in town.

A quick call to my husband, who was living and working 500 kilometres away, didn't help my fears. He is a pacifist and would rather have peace than war. I'm not. When I confronted the builder about his moving in, his reply was, 'She'll be right love'.

The wife and I instantly hated one another. Over the weeks, every time I approached the builder on the progress of the works, she would suddenly appear out of the woodwork with eyes blazing, ready to protect her man. Between carrying beams that would have put most men in bed for a week, cooking and drinking, she managed to stay out of my way most of the time.

The work went on for four weeks, early starts and early finishes because of the heat. After work they would all sit on my front lawn, polish off a carton, eat and fall into bed. I felt I was in a movie; the one that had relations come to dinner and stay a year. I lived and breathed them, nothing was private, I became a crumbling mess. To add to that, I was scared for the child who insisted on climbing the scaffolding or sitting immediately under the nail gun.

On the subject of their hygiene, I dared not discuss or try to imagine what they were doing about washing or toilet issues. I guess the local pub was visited often during the day for other reasons besides buying beer.

I sat in the kitchen for two nights when they decided an emergency at their home was more important than the job. I sat there fully exposed to the elements, snakes, and the local Peeping Tom, as one wall had been removed in readiness for the roof extension.

Then the plumber arrived. He had a wife, kid, dog and one labourer. More tents, tables and kid's toys. At this stage I considered divorce or even emigration. My husband was merrily working and living in a motel without a care in the world. I couldn't lock up the house and throw away the key as there was still half a wall to be replaced. Finally they left, and we started to clean up



what was left of the garden and lawn.

With the help of a friend, who had just built his own home, we tackled the interior. From the start I knew it wasn't over. With his experienced eye, he noticed things that my untrained eye had missed. As with any government department, I had to wait weeks for an inspection from the council, so that I could get an inspector to confirm what was wrong and insist the builder fix his mistakes. The inspector agreed that there were serious mistakes, mainly the loft bedroom. As we expected, the builder refused to fix his mistakes unless I paid him extra.

The plumbing was not connected properly. The hot water was connected to the cold taps and the drainage did not pass inspection. The outside tap was hot water and the ferns died a long suffering death before I discovered the mistake.

The engineer who worked with the architect discovered two pages of mistakes. The builder had blatantly ignored directions on the plans, including the size of timber bearings. At this time we involved the building authority. Many letters and phone calls later we still haven't finished the extensions.

We are involved in a game; it is called pass the buck, the participants being council, builder, building authority and we the innocents, who thought we were doing the right thing by going by the book. We didn't imagine that after all this time we would still be here without a finished dream, just a waking nightmare.

In choosing a builder/tradesperson my advice to readers would be to contact the Master Builders' Association in your state for a list of their members. Choose at least three builders and view their work. Talk to the people they have worked for. Finally, make sure that the one you choose has a Gold Card. We were unlucky in our selection. There are many fine builders, my story is about our own personal experience.

BIDDING ADIEU TO ODOURS

by John Mount, Woodford, Qld.

You've just painted the bedroom and although the windows and doors have been left open all day the smell of freshly painted surfaces is still overpowering. Don't despair, a number of options are still open to you

- Try leaving a dish or bowl of water containing freshly cut onion or lemon pieces on the floor in the centre of the newly painted room.
- A dish of warm milk will absorb the smell of fresh paint and tobacco smoke odour.
- Leaving a burning candle in a room for an hour or so removes all kinds of odours.
- Toasted or cooked orange and lemon peel will also dispel a smell.
- Burn a little coffee in a metal or ceramic container in the centre of the room, not only does it absorb any disagreeable odours it allows a most pleasant and refreshing smell to permeate the room.
- To totally eliminate the smell of freshly painted surfaces, add one teaspoon of vanilla essence to each four litres of

paint before using.

TOBACCO SMOKE ODOUR

The best way to prevent tobacco smoke odour in the home is to ban smoking indoors and fine any miscreant caught smoking a \$1 coin! (Keep a coin tin handy.)

- If smoking is allowed indoors keep a half-cup of vinegar in the same room as the smokers to absorb the smell and prevent it from spreading.
- A bowl of fresh water left in a room will absorb smoke odour.

KITCHEN ODOURS

Kitchen odours can emanate from a number of sources and each source must be tackled separately before an odour-free kitchen can be achieved.

- The kitchen sink is usually the worst culprit for emitting unpleasant smells. Pour some very hot salt water down the drain hole and clean the sink. The smells will cease.
- The refrigerator is also often inclined

to 'get on the nose' a bit. Remove all contents and clean the inside of the fridge with a solution of two teaspoons of vanilla essence to one litre of hot water. Alternatively, a mixture of bicarb soda and water will also clean and refreshen the refrigerator. To prevent odours, place a few pieces of charcoal on a saucer in the fridge. The charcoal will need to be changed once every two days.

- Empty the kitchen tidy often and clean it with disinfectant.
- The smell of cabbage cooking can be offensive to the nose; try adding to the water a piece of raw onion, a little lemon juice, or a piece of charcoal.

GARBAGE BIN ODOURS

To prevent odours in the garbage bin, soak an old rag in vinegar, wrap some condy's crystals in it and place it in the bin. It will prevent bad odours for about a week.

Remember, it is always better and more effective to remove the source of an odour than to try and mask its effects.

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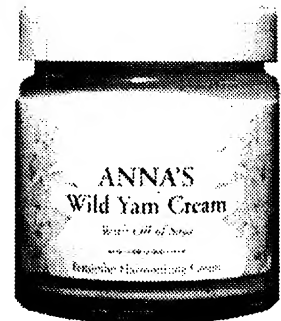
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HEALTHY ECONOMICAL CHILDREN'S PARTIES

by Heather Kozak, Dellicknora, Vic.

Little kids' parties seem to have blown out of proportion nowadays, the parents going into serious debt and stress to provide clowns, conjurers and half of the supermarket's snack food department. Sometimes the small guests can transform from frilly angels to shrill demons thanks to an overdose of sugar and salt. They assault the clown and each other and are taken home in tears by grim-lipped mothers while the birthday child's parents pour a stiff scotch and thank the deity of their choice that that's over.

Your childrens' special day need not be like that though. Take heart that psychologists believe that most children operate with semi-amnesia until about five. The memories of the party will be more yours than theirs, so if you keep it simple, fun and easy, you will be more likely to see a pleasant, smiling self in the photos than a haggard, buttercream smeared wretch.

The emphasis of this article is not only on the considerable cost saving, but also the time spent with your offspring during the preparations, plus a wholesome fun menu that, with the aid of solid protein and complex carbohydrates will help the guests to maintain their best behaviour.

During the days leading up to my three year old daughter Karla's birthday, I noticed that she, her older sister Marika and their friends had as much fun helping with the preparations as they would actually attending a party. They helped me construct a pinata, cook a dinosaur and build a castle!

THE PINATA

This is a traditional Mexican party game. A surprise-filled papier-mâché figure is hung from the ceiling and blindfolded guests swing at it with a stick. When the pinata breaks, it rains down goodies on everybody. I had some doubts as to the wisdom of encouraging toddlers to



The guest of honour had as much fun helping with the preparations as she did at the party!

whack a pinata with a stick: Would they prefer to whack each other? Who would cry because the creature was broken? Would there be a scaled down world war three at the scramble time?

None of this occurred. With supervision they enjoyed whopping a swinging target, and the idea was so novel to them that when the pinata treasures spilled out they stood in amazement before scrambling for the party favours and sweets within. Lolly consumption can be slowed by poking the sweets inside the empty balloons: to retrieve them the children had to blow up the balloons and burst them. This worked well as an end of the day activity, ensuring that all the little guests had something to take home, and, as this was the first feed of lollies, I avoided the rapid disintegration of behaviour that often follows.

We made a dinosaur shaped pinata, but you will find any animal can be adapted to suit the basic form. To make a pinata blow up a large balloon and knot it. For ease of working, I hang the

balloon from a nail with string. I also work at the sink to make cleaning up easier (a few sheets of newspaper on a table would do).

Tear the newspaper into five centimetre squares. Stick on the first layer by dipping the pieces in plain water, overlapping the edges slightly as you work. When the balloon is completely covered (except for a small area near the knot), start again with the second layer dipped in flour and water glue (one cup of plain flour mixed with two cups of water). When this layer is complete, add legs made from egg carton parts, and a cardboard tail, attaching them with longer, thin strips to anchor them. Complete with a third layer, smoothing out any folds and lumps. Hang to dry, one to three days, depending on the weather. Drying can be speeded up by hanging in the sun or near a heater.

Pop the balloon and remove it. You may have to enlarge the hole a little to fill the pinata, be brave, the papier-mâché is incredibly strong. Seal the

hole with two layers of paper, dry, paint and fill with balloons with a few lollies in them, cheap party favours (I got eight miniature watercolour palettes for \$1.90 at a supermarket), biscuits, small plastic zoo animals or wrapped toffees. Cheesesticks, muesli bars and other mini snacks can also be used.

We hung our pinata from a low tree branch but if indoors you could employ a rafter or door frame.

A DOUGHY DINOSAUR

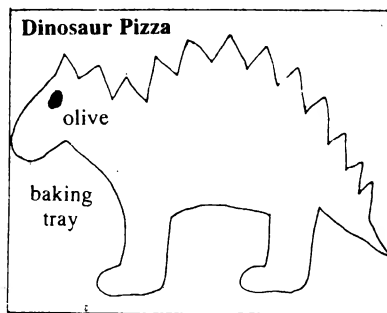
Pizza is a favourite with most children and the shape is limited only by your imagination. This recipe makes enough dough for a large pizza and 12 miniature hamburger buns.

3 cups wholemeal flour
3 cups unbleached white flour
3 tsp dried yeast
2 tsp bread improver (ascorbic acid, soya flour)
1 tsp salt
1 tsp onion/garlic powder
800 ml hot (not boiling) water mixed with 1 tbsp cooking oil.

Mix all the dry ingredients together in a large bowl. Pour in the water/oil and stir well. Cover the dough with oiled plastic wrap or a recycled plastic bag and leave to prove until doubled in size, about 30 minutes.

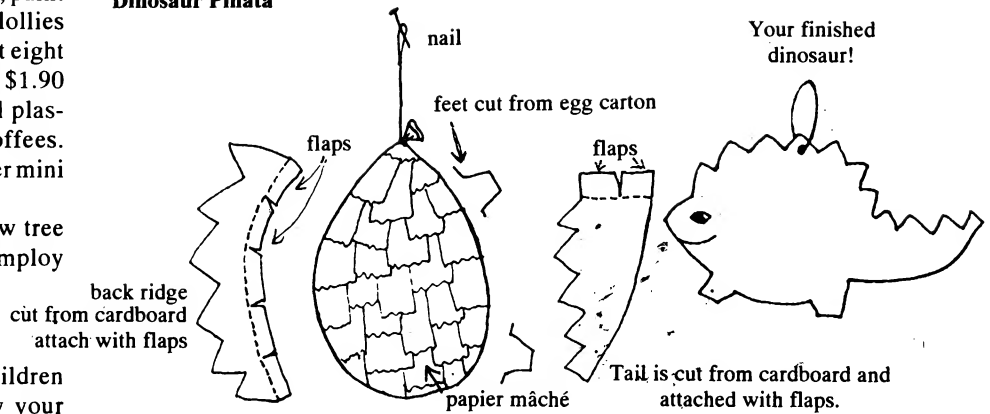
Punch dough down and scrape out onto a well floured bench top. Knead lightly, adding generous handfuls of flour until the dough is firm and non-sticky. Pat and roll dough flat until it reaches a size that will just overfill your largest baking tray, lift onto greased tray and cut desired shape out with a sharp knife. The offcuts will become the hamburger buns.

Spread tomato paste to the edges of the dinosaur (or whatever) and cover with cheese, mushrooms, pineapple, etc. Circles of salami can be quartered and laid on, overlapping to create scales.



Cover shape with toppings of your choice. If using round slices of meat, quarter them to resemble scales.

Dinosaur Pinata



Bake in a hot oven for 20 minutes. It can now be frozen, or refrigerated and reheated on the day.

MINIATURE HAMBURGERS

Roll the dough offcuts from the pizza into egg-sized balls and place on an oiled tray or tin to prove. When they have doubled in size bake in a hot oven for 15-20 minutes. Can be frozen.

Mix one finely chopped onion, one beaten egg, pepper and a dash of worcester sauce with mince (or tuna and mashed potatoes). Shape into balls small enough to comfortably fit the buns and cook the day before the party. These can be reheated in the microwave oven in a trice. If using a gas or electric oven store the patties in the fridge on a metal tray so they can go straight in the oven. Assemble the burgers with slices of tomato, pineapple, cheese, egg and lettuce, add sauce and count your fingers after you have handed them out!

BIRTHDAY CASTLE CAKE

Any dense banana cake recipe may be used. Bake a large square and a small square. When cold, quarter the small cake and place pieces flush with outer corners of large cake. Place an ice cream cone upside down on each of the small pieces, then ice with egg white frosting, bringing the frosting right down to the plate to keep cake fresh. Using the outside cover of a matchbox, press the open end into the frosting to imprint a brick pattern onto castle walls. If you feel the need to have a gender specific cake, use the licorice squares from allsorts to make windows and doors, and Lego soldiers for boys, fairy and princess dolls with pastel sweets for decorations for girls. Sate sticks with allsorts squares on one end poked into the points of the cones make fine flags.

Egg White Frosting

1 1/4 cups sugar
1/2 cup water
3 egg whites

Put sugar and water in saucepan, stir over low heat until sugar is dissolved. Stop stirring, increase heat and boil rapidly until syrup reaches 115°C, or forms a soft ball when a spoonful is dropped into cold water.

Beat egg whites until stiff, pour hot syrup in gradually while still beating (one needs a third arm about now) and continue beating until frosting is standing in stiff peaks. It should be thick and easy to handle. Spread all over the cake with a smooth knife or spatula.

FRUIT JELLIES IN COMPOSTABLE BOWLS

These are very eye-catching and much healthier than commercial jelly. Juice 12 oranges and/or lemons, limes and grapefruits, saving the empty halves. Dissolve five teaspoons of gelatine or agar powder in 100 ml of very hot water. Measure the juice from the citrus fruits, make up to 900 ml with apple juice then add the dissolved gelatine. Stir well and pour into the empty halves of the fruit. Sit these in a muffin or tart pan for stability. Allow two to three hours to set in refrigerator. Serve as they are, or top with a swirl of whipped cream or yoghurt.

Having everything prepared at least one day in advance gave me time to enjoy the games of pass-the-parcel (wrapped in recycled paper, of course), dinosaur races (huge cardboard three-toed shapes rubberbanded to contestant's shoes) and sculptor (everyone lines up on a low bench, the 'sculptor' pulls each one down and 'freezes' them in a stulbing position, to the amusement of the other statues).

OLD-FASHIONED BREEDS OF PIG

by Megg Miller, Euroa, Vic.

Elsewhere in this issue we have an article on a free-range pig operation and so it is appropriate to complement this story with information on breeds suited to such a system. Perchance you are unaware that the pork products on sale today all come from white skinned stock that are kept intensively. In situations where pigs never see the sun, as in commercial shedding, the colour of the animal's skin is unimportant except that we live in times where a uniform product is desired. White skin results in a more attractive looking product and so is preferred by the pig industry.

If, on the other hand, you have a niche market for your stock or you just wish to produce for the table of friends or family then you are not tied to keeping white skinned stock. As well, if you prefer free ranging or the judicious use of pigs in cleaning up cereal or vegie crops or orchard windfalls, then you should look at what breeds are available amongst the coloured pigs. In past times when this species was farmed outdoors the white skinned stock suffered terribly from sunburn, even when shade and a wallow were provided for animals to seek refuge in. It made sense then, and it still does today, to match stock to the demands expected from them. Pigs with black or red skin are ideally suited to outdoor management and the hot Australian sun.

Before taking on pigs as a hobby or sideline the problem of marketing has to be confronted. No matter what livestock you keep there generally comes a time when excess or young stock has to be sold or the need to pay feed bills necessitates some commercial transactions. Be forewarned that coloured pigs fare badly at market because of prejudice amongst buyers over the coloured skin. They know butchers and consumers prefer the white. If you can establish your own network amongst people of multi-cultural origin who value more flavoursome products, or find folk willing to buy farm raised or chem-

ical-free stock your enterprise will be self-supporting as well as rewarding.

The numbers within the different coloured breeds are low today because of lack of interest in the last few decades. There are serious breeders conserving strains and the Australian Rare and Minority Breeds Association encourages small farmers to take on a rare breed wherever possible. The Large Black, Tamworth, Saddleback and Hampshire are considered to have dropped to critical numbers while the

may not be. Just as the hybrid layer and broiler fowl have been selected and bred for specific characteristics so too has the hybrid pig. Fast growth and high performance under very specific conditions are the governing criteria, but if you cannot or do not want to provide the preferred environment and feed ration your super pig cannot perform to its full potential.

If you are a small farmer you will probably have different requirements of your pig to those keeping them commercially. You may want hardiness, leg strength and mobility, foraging skills, large litter size, mothering and milking ability or even a placid temperament. Your stock will need to have the ability to convert wastes and feed high in roughage into growth and be structurally sound enough to survive to an older despatch date than is required of commercial pigs. It is during the longer growth period that flavour develops. All of the attributes listed may be found amongst the old, coloured breeds.

Coloured Pig Breeds

Berkshire

These are a black pig with white feet and a white snout and tail tip, a short head and dished face with prick ears and a low, compact body. They are relatively early maturing so were used over slower growing breeds. The Berkshire x Tamworth was a popular cross for a bacon pig. The breed is intelligent, easy to contain and good for foraging, and sows display excellent maternal qualities.

Duroc

This red haired breed is an active forager, hardy and excellent for free range. They are very lean and so were frequently used over the fatter breeds to produce leaner offspring. They are reputed to require a lower feed intake than other breeds.

Hampshire

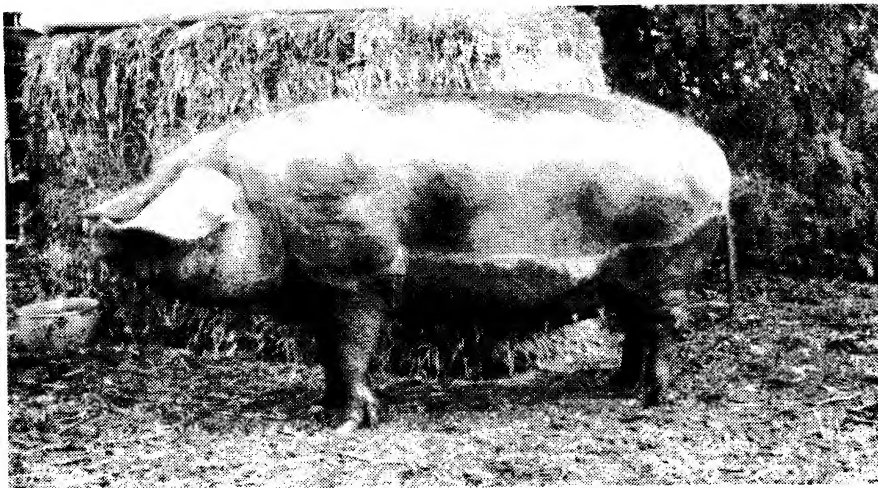
A medium sized pig, displaying vigour, foraging ability, good litter size, and outstanding maternal properties. They are black skinned with a narrow white



The ginger haired Tamworth is characterised by erect ears and a long snout.

Berkshire and Duroc are rare. Occasionally the response to low numbers results in breeders asking exorbitant prices for stock. This is contrary to conservation aims and if would-be pig keepers are faced with such a situation they should look elsewhere for stock.

A few lines on the difference between the old-fashioned coloured breeds and the white commercial hybrid are necessary. Many people think that a piglet secured for next to nothing at a large piggery is a great investment. It



A Large Black sow (above) displaying the deep body and lop ears characteristic of the breed, and a Berkshire boar (below) showing the prick ears and dish face along with the white points on feet, snout and tail which distinguish the breed.



band over the shoulders and can be distinguished from the Saddleback by their longer legs and leaner shape and erect ears. The breed is slower to mature compared with others but produces a leaner carcass.

Large Black

Numbers of this big bodied breed are exceedingly low today, a pity as they are one of the most placid and easy to contain of the porcine family. They are characterised by a deep, black skinned body and long lop ears which partially obscure their vision. Sows are renowned for good litter size and mothering ability. They can be contained in small paddocks without the land suffering major excavation work and they are usually less damaging to fencing because of their obscured vision.

Tamworth

Most people are familiar with this ginger haired breed. Tamies are very adaptable, being kept in many different climatic and geographic situations. They are hardy, very active, zealous foragers, and noted for the destruction their long snout can cause by rooting and the damage they can do to fences. Maternal properties are good but fertility may be lower than in comparative breeds. Tamworths are slower growing but produce a lean carcass.

Wessex Saddleback

A medium sized, black haired breed with a distinct white saddle which should extend from one forefoot up over the shoulder down to the second forefoot. Ears are lopped, and the body is deep, two characteristics which visibly distinguish it from the other belted breed, the Hampshire. Another hardy, active foraging breed with excellent mothering ability.

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PLAIN HARD YAKKA

by Niela Lolomanaia, Tongan Island, South Pacific.

When I read through *Grass Roots*, I read words like back to basics, alternative lifestyle, down to earth and back to nature. These certainly describe the way we live so I thought I'd share a little of that with you.

My husband, myself and our four children decided to move from Adelaide, South Australia, to the Tongan Islands in the South Pacific six years ago. Going to live in a tropical paradise I thought. Boy, was I in for a shock!

We live on a small half-acre block in a town called Ohonua on the island of Eua. We also have a four-acre lot of land further out in the bush for growing crops. Our dwelling consists of two rooms. One is part brick and part timber measuring three metres by four metres. Attached to that room is a room made up of roofing iron and timber measuring two metres by four metres. One is used as a bedroom for my husband, myself and our two daughters. The other combines as kitchen and bedroom for our two sons. It's a really tight squeeze, but we fit. We're a close family in more ways than one.

Glass windows are out of the question as they are too expensive. Ours are much cheaper. They're made from bits of timber nailed together to fit the window opening, hinged at the top and propped open with a stick. Who needs to pay for air conditioning? Cracks in the walls provide ours when the wind blows.

There are no screens, no fly sprays and no mosquito nets to cover the beds. One gets used to so many things after a while. At first I was horrified by the huge flying cockroaches, massive spiders and all the other creepy crawlies. It wasn't long before we got ourselves a cat which, thankfully, keeps the population of crawlies to a minimum. The rest I manage to put up with, just barely.

Living on a tropical Pacific island is much more than just walking along a moonlit beach and lazing under the coconut palms all day long. It's pure hard work unless you are fortunate enough to have inherited a fortune. But, most of us haven't, so it's plain hard work.

Until 18 months ago when I was given an old wood stove and an electric oven, I did all my cooking outside on an



Niela and her family grow all their own vegetables on the island of Eua in the South Pacific.

open fire and for an oven I used an umu. Umu is a Tongan word for an underground oven. This is simply a hole dug in the ground where a fire is built, rocks placed on top of the fire until heated through, then food placed on top of the rocks. This is then covered by anything that will keep dirt off the food. Dirt is then shovelled on top to seal in the heat.

I've cooked cakes, bread, fish, meat, vegetables and even soups and stews in a pot with a tight-fitting lid in the umu. Even though I have a wood stove now we still use the umu pit to cook the traditional Tongan foods. They taste so much better with a slight smoke flavor.

To fry food I used an open fire with a rock either side and two metal bars across the top resting on the rocks in which to place the frying pan. I also used the open fire for soups and stews when I couldn't be bothered with the umu pit. We have quite a lot of rain here and sometimes it's hard to get completely dry wood. As a result I often had a very smoky fire and lots of tears when bending over it trying to thicken a stew. I must have looked a sight sometimes, squatting in the dirt, tears streaming down my face and black smudges where I'd wiped my face with

charcoal covered hands. I do have a one-burner kerosene stove, but the fumes give me headaches and the smell goes through everything in the place, so I don't use it.

We grow all our own vegetables. These include tomatoes, cabbages, celery, broccoli, turnips, beans, cucumbers, lettuce, carrots, onions and garlic chives. All these I have planted around the house on our town block. There are also four pawpaw trees that came up all by themselves, no doubt from seed the kids dropped while eating the fruit. On our four acres in the bush we have taro, tapioca, corn, avocado and coconuts, and about 100 vanilla plants.

I've learnt not to try and grow cabbages out of season as they just get eaten alive by cabbage moths no matter what I do. I've tried tobacco sprays and covering them with mosquito netting, but to no avail. It's almost like a plague here each summer with cabbage moths.

We are very limited as to what we can get our hands on here in the way of repellents, so I don't use anything on my garden anymore. I let everything grow naturally and as long as I plant in season I don't have any problems with insects or diseases.

All our garden waste is given to our

pigs to eat so I don't have much compost to return to the garden, although I have collected horse manure at times from the neighbours' horses. I've even given up trying to keep the chickens out of the vegetable garden. I've found they do more good than harm. We can't afford chicken wire and all the neighbours' chickens get in and scratch out my seedlings and eat my tomatoes. Fortunately they don't scratch out everything and I manage to get enough tomatoes for my family to eat. They leave behind their manure and they eat the grubs off the plants, so we've reached an understanding. They can scratch around my vegetables as long as they do their job of keeping the grubs down.

Our toilet and bathroom are situated out in the backyard. The toilet is way down the other end of the block as it's a pit toilet. Ashes from the fire dumped down the hole every morning stop the smell and keep the blowflies away. No toilet paper for us, coconut fibres do the job just as well if not better, and it's free.

We don't have a roof on our bathroom and no plumbing fixtures. One tap with hose attached in the middle of our block serves house, bathroom and garden. A hose over the wall of the bathroom serves as a shower in summer and water is heated up on the wood stove for a bath in winter. No extra expense for solar heated water for us. In summer the hose lying in the sun is enough to almost boil the water inside it. (The longer the hose, the more hot water).

Income is provided by my husband with his fish nets. He usually gets enough for us to eat and some to sell. One time when my husband went out to pull his nets in at low tide he found a pig had waded out there and was busily chomping away on the trapped fish. Another time while gathering the nets in shallow water, husband and son had a visit from 14 good-sized sharks. Needless to say they hastily retreated to the highest rock they could find until their unfriendly visitors departed.

All this might sound like we live a wonderfully free lifestyle here on our island and we do to some extent, but let me warn you it's not as easy as it sounds. It's very hard work to survive here. There are no government handouts as there are in Australia. This is a third world country and the government and people are very poor. No social security and no family allowances. The people



The two-roomed home, with hinged wooden shutters on the windows instead of glass, houses two adults and four children. It ensures a close family life.

here either earn their own living or they go hungry. A lot of people still live in the traditional thatched huts made from coconut leaves.

The living conditions are appalling for most. Our children and ourselves have had so many boils, sometimes up to five at a time, and sores that take forever to heal because of the dirt, diet and climate. We have been here for six years and weren't able to grow vegetables to eat until 18 months ago when we could afford to fence around our house to keep pigs, goats and other animals out.

As soon as that fence was up we got stuck into planting vegetables. Now we eat vegetables every day and haven't had a boil for months.

When we came to Tonga we had \$800 dollars in our hands. We have had to battle against all odds to survive here and only now are able to provide well enough for ourselves, meaning we eat every day and are able to pay for our children's education. Maybe one day we'll be able to build something better to live in.

We have seen others from other countries come and go. Most go back home. Very few stay. Those that do stay are in paying jobs and comfortable houses. None are living off the land. We've been asked so many times by tourists,

'How do you live here?'. We just do. There's no alternative for us. It really is a matter of plain hard yakka and determination. We've made a go of it here because we had to—no funds to return to so-called civilisation.

As we look back, we see the many benefits to our children. The freedom to run and play anywhere without fear. No drugs and no peer pressures. We don't even lock our doors and windows at night. As a matter of fact, we don't have locks on anything.

When we sit down and weigh up the advantages and disadvantages, we know we made the right decision in moving here to the Tongan Islands. Getting out of the concrete jungle and into a real one is the best thing we ever did.

We may be poor, but we are free and self-sufficient. We don't have debt collectors banging on our door and our children are carefree and happy. I guess it all depends on what you want out of life. If you need material possessions and wealth to make you happy then this life is not for you. But, if you enjoy a challenge and don't mind getting dirt under your fingernails to gain what I consider to be the more important things in life, such as peace, happiness and fulfillment, then by all means give it a go. I think you'll find that it's worth it.

ENERGY FROM METHANE

Appin Power Partnership in conjunction with BHP have developed an innovative electrical power generation facility that utilises methane, a by-product of coal mining and a notorious greenhouse gas. Believed to be a world first, the Methane Energy Project sees virtually all of the methane (including gas low in concentration) converted to electricity using the latest gas engine technology.

In the past the gas, drained from the coal and strata for safety reasons, was captured by methane drainage plants and vented into the atmosphere. The Methane Energy Project prevents some 160,000 tonnes of methane entering the atmosphere each year.

A commercial arrangement sees the 'power generation plants' owned and operated by Appin Power Partnership, with BHP contracted to provide methane to it. BHP in turn is responsible for receiving the generated electricity and distributing it to Integral Electricity. The combined output of the facility is 94 megawatts of electrical power which is sold locally to light up some 60,000 homes.



SOLAR DRIED HAY

Dairy cows on Japan's southern island of Kyushu have had their first taste of Queensland hay produced by an innovative drying plant which uses solar energy. The solar-dried hay is the product of a project co-funded by the Energy Research and Development Corporation (ERDC).

Sixty tonnes of the oat and lucerne hay left Brisbane in January in a trial shipment to dairy farmers in Fukuoka. A second shipment of 90 tonnes left in early February, bound for Kumamoto, and a further trial shipment of five containers, about 125 tonnes, is being prepared for the Osaka region.

With an energy-efficient hay drying process, Australia has every chance of obtaining a good share of the Asian market.

EARTHCARE

Earthcare St Kilda Inc is an environmental group in Port Phillip. Over the last six years they have helped look after the fairy penguin colony in the St Kilda Breakwater and set up a community nursery to propagate indigenous plants. They believe that a hands-on approach works and would love more supporters who believe in that too. Some of their current projects are at West Beach, the Corroboree Tree, monitoring the possums in Catani Gardens, restoring the local habitat by planting indigenous flora, working on the Port Phillip Oil-spill Action Plan.

To join, or for further information, ring 03-9531-4930, or send correspondence to: PO Box 287, Elwood 3184.

GENE ETHICS NETWORK

The federal government has withdrawn funding to Bob Phelps, co-ordinator of the GeneEthics network. He is at present carrying on the important role of questioning the processes and products of genetic engineering and informing the community on relevant issues, on a voluntary basis. This situation cannot be sustained.

To provide him with a home, income and travel support, ACF (Australian Conservation Foundation) is promoting a fund aimed at raising at least \$50,000 annually. The ACF will act as administrator for the fund and enable donations to be tax deductible. Initial fund co-ordinator is Frank Fisher of Monash University.

For more information contact: Frank Fisher, GSES, Monash University, CLAYTON 3168. Ph: 03-9905-4618. Fax: 03-9905-2948.

BUSH HERITAGE FUND IN WESTERN AUSTRALIA

The Australian Bush Heritage Fund is a national, nonprofit organisation which buys threatened areas of high conservation value. Bush Heritage is funded by donations. It began in 1990, with the purchase of two forested blocks at Liffey, beside the Tasmanian Wilderness World Heritage Area. It now owns and manages reserves in four states, including fan palm forest in Queensland's Daintree Rainforest and one of the largest areas of native vegetation in the Bega Valley, NSW.

The Fund's latest purchase is on the edge of Western Australia's semi-arid wheat belt. The unspoilt bushland protected by the Bush Heritage is predominantly wandoo woodland, with orchids and other wildflowers providing a magnificent display of colour in spring. The vast majority of plant species found here are unique to south-west WA.

Wandoo woodland has been extensively cleared and now only scattered remnants are left. It is unique to WA, so provides very specialised habitat. *Eucalyptus wandoo* develops hollows, providing important habitat for many birds and mammals.

The reserve also supports heath, banksia woodland, mallee and she-oak forest and around 200 native species of flowering plants, which attract nectar and pollen dependent species. Seasonally wet sites form pools on the block, used by water birds and frogs. About 80 bird species are likely to live here and more than 40 have already been observed, including parrot, cuckoo, thornbill, robin and honeyeater species, as well as the Splendid Fairy-wren, Rufous Treecreeper, Sacred Kingfisher and Rainbow Bee-eater.

The Bush Heritage Fund can be contacted at: GPO Box 101, Hobart 7001. Freecall 1-800-677-101.



Sacred Kingfisher

GAS POWERED TRUCKS

The Energy Research and Development Corporation in a joint project with Waverley Council in Sydney is trialling a garbage compactor truck and a tipper truck powered by compressed natural gas. Diesel powered heavy vehicles operating in urban areas contribute to air and noise pollution. The gas powered trucks are quieter and have cleaner emissions, important considerations in the city and suburbs. The project will encompass a comprehensive economic and environmental assessment of short, medium and long-term benefits and implications. It is hoped the findings will facilitate widespread use of the vehicles throughout Australia.

Livestock Health and Management

Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

QUAIL QUERIES

I would dearly like some information on keeping quail. For example, where could I find a supplier? Special problems I might have keeping them. We have a fox problem on our farm. Would quail survive being frightened by them if they were in a fox-proof cage but foxes were around?

How do you cook their eggs? I am a complete novice but have obtained some info from the *Australasian Poultry* magazines and Department of Agriculture in NSW.

**C Hutchinson,
ANEMBO 2621.**

Two informative articles on quail have been published in GR; see No 42, 'Quail' by Russell Parker and No 63, 'Game Birds' by Megg Miller. With regard to the birds being frightened by foxes, assuming they were kept in a large, netted enclosure, it is common sense with all game species to cover the first couple of metres from ground level up with lengths of flat or corrugated iron. Not only does it prevent the birds pacing up and down the fenceline, but it also affords some protection from foxes or dogs frightening the stock.

Quail eggs are boiled the same as chook eggs. Select eggs that are three or more days old to facilitate easy peeling, bring to room temperature, place in a saucepan of cold water and bring to the boil. Allow eggs to boil for five minutes, stirring gently from time to time to ensure the yolk within eggs does not adhere to one side of the shell. Remove from heat and pour off boiling water, cover with running cold water for three minutes, then eggs are ready to peel. Instructions for pickling the eggs are given in GR 42.

Breeding stock of game breeds is difficult to procure. Check the yellow pages for possible breeder contacts and also the poultry classifieds in both 'The Land' and the 'Weekly Times'. Perseverance and a willingness to travel will pay off. Current quail breeders may be disinclined to provide stock because of the fear of competition.

Megg Miller.

MANAGING GESE

What suckers we are – despite verbalisations that we weren't going to interfere with bird raising this year we find ourselves with four goslings in a box inside. We'd like to know if others' Chinese geese are as scatty as ours?

We were initially excited with the season's prospects. We had 10 geese

sitting, but after 35 days (for most) we only have four goslings under one mother and our four 'boxed' ones. We have an almost equal ratio of males to females and observe lots of mating in our dams, so suspect that most of the eggs would have been fertile. Most were sitting on 8-10 eggs.

Our 'orphans' were kicked out on day one from under their mum. Three ganders came to stand by these goslings, but didn't sit on them or try to keep them warm, hence when rain came we intervened.

Another problem is females that suffer a prolapse when egg laying. When this happened to one bird two years ago we were told that this was very rare, but again this year we had to humanely dispose of another bird.

Any advice would be welcome as we like the Chinese breed, being smaller geese, good grass-mowers and welcome inhabitants of our greenhouse overnight. They free range during daylight hours, but quickly return when offered grain, vegie scraps, weeds, or a smorgasbord in the water chestnut paddy.

During breeding they choose boxes in our wire-covered duck pen. Crows take some eggs, so we need to be watchful.

**Marilyn Tulloch & Adrian Thomas,
GLENLYON 3461.**

Despite what lots of books say, managing a goose flock successfully is hard work, as you have found. Your disappointing hatching results may be due to a number of factors. Chinese geese are more physically active and highly strung than the heavy-bodied breeds, and it may be that you are running too many males in the flock. Suggested ratios for this breed are between three and six females per male. When there is an excess of males they fight over the females and the latter cannot settle into the tranquil state required for successful hatching. Also, the females may be highly stressed by multiple matings or, as often happens, a small number are favoured by the males and these are mated and the rest ignored. It is difficult to recognise such politics when there is a lot of activity going on. It is imperative you reduce male numbers to achieve a manageable flock. We have noticed that in years where there has been competition for females both fertility and hatching has been adversely affected. Another point that may be relevant is the variation in tempera-

ment between strains of a breed. It is possible the flock you have could benefit from the introduction of birds that are reliable broodies, have stronger mothering instincts and are quieter, natured.

Goslings frequently wander from their sitting mother and become chilled and perish. The bonding does not appear strong in some members of this species and so occasionally the situation you described does occur. Another year you would be best to enclose the nest behind a temporary fence, if it is not in a lock-up shed, so the goslings cannot stray away. Mark the goose (and gander) and cull them when appropriate, as poor bonding and parenting is likely to occur each season.

Your 'orphans' were most likely goslings, that were poorly bonded. Occasionally you will have geese that will unquestioningly adopt stray babies but it is not commonplace for ganders to take the initial nurturing role, which explains the concerned but nonmothering behaviour of the three ganders. Successful goose keepers select on the characteristics they rate important. You will need to think about qualities you value, leg-band those that exhibit them and slowly replace those that do not meet your requirements.

Prolapse, which is where a small portion of the oviduct protrudes from the vent is very distressing, both for the bird and its keeper. It is a rare occurrence but may be more common in some strains of layers than others. It is often associated with overweight birds with poor muscle tone or those that lay overly large eggs with accompanying straining. You can attempt to gently press the everted mass back with a moist, warm towel but the long-term prospects are not good. The condition usually recurs because of the poor muscle tone. Hens suffering this condition should be removed from the fowl yard (or flock mates may cannibalise the sufferer) and humanely dispatched to prevent suffering. A close watch should be kept for fly strike if the condition occurs during the summer months.

Megg Miller.



POULTRY BREEDERS

Do you keep pure breeds of poultry?

The next edition of the *Poultry Breeders Directory* is now in production but there is still time for you to be included. Listings are free and are invaluable for those interested in selling purebreds.

To be included in the next *Poultry Breeders Directory*, send an SAE for an entry form to:

**Poultry Breeders Directory,
PO Box 242, Euroa, 3666.**

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

My name is Naomi and I would like to thank you for such an excellent and informative magazine. I'm a home schooler and would like to tell anyone out there who is **HOME SCHOOLING** some ideas of what my sisters, brothers and I do. We started home schooling about six months ago and were all pretty uptight and thinking: 'Is it like school? Do we have to do the same setup as school?' Now we're gradually beginning to relax more and beginning to unravel that uptight feeling and becoming more flexible. I think (and Mum does, too) that you need to have a timetable that isn't restricting and is flexible, for a bit of backbone. Another idea my family came up with was to publish a home educating mag for family/friends to get a better idea of what home schooling is about. We named it *Mente Vivo*, which means *Mind Alive* in Italian. It is full of our work, recipes, facts, quotations, jokes, health, etc.

If you would like to get a better idea of what home schooling is about write to: AERG (Alternative Education Resource Group), C/- PO Box 71, Chirnside Park 3116. It costs \$25 for four issues a year. The magazine is called *Otherways*. Another magazine that you can subscribe to is *Education at Home*. It costs \$26 for four issues a year. Write to: Home Education Press, 23 Bandyolph St, Bonython 2905. For some really amazing books write to: The Gould League, Genoa St, Moorabbin 3189, for a catalogue. If you would like to join CSIRO Double Helix Science Club, it costs \$25 each member for one year or \$49 each member for two years. Write to: CSIRO'S Double Helix Science Club, PO Box 225, DICKSON 2602.



N Armstrong,
ECHUCA 3564.

Dear Readers,

My mother would like to obtain a copy of the original **CARAMEL LOLLY RECIPE** that used to appear on the tins of condensed milk when she was growing up, during the mid to late 1940s. I wrote to the manufacturer, but only received a 'Claytons' response. A caramel recipe without any butter, margarine, lard etc, would also be appreciated.

I would like to correspond with female readers in Tasmania, particularly anyone living in some of the more remote regions, with a view to long-term friendship. Tasmania is the only state I have never been to, and perhaps in years to come I may have the opportunity to travel around the state for a look. It sounds like such a lovely, cold, green and sparsely populated place, that I'd certainly consider settling there should I ever decide to leave the Tablelands. For the time being, I'm perfectly happy here. My interests include reading, gardening, native plants, bushwalking, natural history, fabric painting, sewing, quilting, spinning, letter writing and alternative technology. I'm currently doing some woodwork classes, and would like to get some experience of owner building. Letters from other readers on the New England Tablelands would also be welcome. If female owner builders would care to write and share some of their experiences of building their own home I'd like to hear from them, too.

Any ideas on how to revive or recycle an old 19 inch colour TV, once the picture tube has gone? It seems such a waste to simply throw it out.



Anne,
PO Box 46, URALLA 2358.



Dear Grass Roots,

A couple of years ago we bought a property which has a lot of olive trees on it and although we have pickled a lot there is a limit to how many pickled olives we can eat, so there are a lot falling off the trees and going to waste. We wondered if it is possible to obtain a smallish

machine to **EXTRACT OIL** for our own use. We would be very grateful if any readers could supply us with any info on this or even supply plans for a homemade press with full instructions for making the press and extracting the oil.

P & A Byles,
PO Box 474, NORTHAMPTON 6535.

Dear GR Readers,

I would like to thank everyone who wrote or telephoned me. I have had a lot of mail and good advice and recipes and love them all. I'm hoping to write back to everyone as soon as I can. Thanks GR for a great helpful magazine.

Cassie Kenny,
Lot 4 Dovedale Rd, MIRIAM VALE 4677.

Dear Readers,

I am hoping someone can help me out with **DISEASE/WILT RESISTING TOMATO SEEDS** as I have had nothing but failure so far. I hear Scorpio is supposed to be good but is difficult to obtain. Also, any interesting or novel seeds would be thoroughly appreciated.

Chris Collin,
C/- PO, MALANDA 4885.



Dear GR and Readers,

Grass Roots is a fabulous magazine for those on the land or those just dreaming of it; we are a little of both. I'm Australian and my husband is Swiss and we currently live in Switzerland. We purchased a lovely piece of land, half natural bush and half pasture in the south-west of WA and plan to move there in the near future to build a house and live as much of a self-sufficient lifestyle as possible.

We are already trying with bread and cheese making as well as different kinds of sprouts for those extra winter vitamins; this all in our two-bedroom apartment in the city. We also have a 200m² plot of land, called a family garden, like thousands of other Swiss. On this plot we manage to grow enough vegies and herbs to supply us for a great part of the year. This is why we love GR so much, there are always helpful tips, articles about permaculture and encouraging articles from other grassies.

Anyway, to cut a long story short, a lot of these articles and letters are coming from the east, so we would love to hear from people on the land, or just GR type of people living in or around **NOTHCLIFF, PEMBERTON OR MANJIMUP**.

As well as leading a self-sufficient lifestyle we would like to grow an organic money crop and/or find a means of earning money in an environmentally friendly manner. We would be grateful to hear from people in this area with ideas or experience, all letters will be answered.

If any grassy is heading in this direction and looking for English speaking grassies, and free accommodation in Europe, we would love to help. Thanks once again *Grass Roots*.

Elke Paull & Thomas Keller,
Welschmattstr. 33,
4055 Basel, SWITZERLAND.

Dear GR Readers,

Can anyone help me with some recipes for **MAKING INCENSE** please? Also looking for suppliers of ingredients for same.

K Higgins,
PO Box 233, BAUPLE 4650.

See GR 72, page 15 for an article on making incense and GR 109 page 44 for a readers homemade recipe.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

I need recipes! I am converting myself and my family to a **VEGETARIAN DIET**. The problem is that most recipes from books aren't very tasty. What I'd like are some tried and tested family favourites. I need recipes for main meals and healthy sugar-free cakes and biscuits and also some yummy snack and nibble foods.

Any yeast and sugar-free recipes would be good, as we've discovered that my daughter has candida.

Joanna Fish,
3 Bridge St, MORISSET 2264.

Dear GRs,

I am writing to tell anyone who is having second thoughts about our low-impact way of life to stick with it. Recently I spent a night at the **NIMBIN YOUTH HOSTEL** and in the morning did a tour of the town with a gentleman named Bob, along with some other hostellers. Aside from Nimbin being much more pleasant than I expected, and finding the problems exaggerated, I thoroughly enjoyed myself. The highlight of the tour was seeing the half-completed permaculture centre (which finally made all of the concepts 'click' in my head) and the Rainbow Power Company. These two places have inspired me to want to live in a nearby region. So could anyone write and tell me how they have found it living in or near Stanthorpe or Boonah in Queensland, or Tenterfield, Armidale, Tamworth or Mudgee regions of NSW? I would greatly appreciate details as to weather (how cold it gets), rainfall, facilities in these and nearby towns, and finally what the communities are like! I promise to answer all letters.

Scott Lang,
10 Thornbill Place, BURLEIGH WATERS 4220.

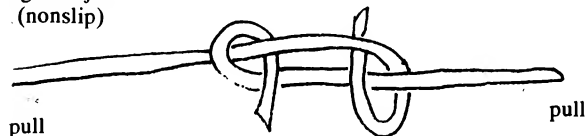
Dear GR,

After reading Feedback, GR 118, I was quite intrigued by a reader correcting an article on how to **JOIN TWO PIECES OF WIRE** in a fence. In my experience working on cattle stations in Queensland and the Territory I have never seen the reader's method, nor would I think of ever using it. With the high strain pressure placed on these types of fences the join would unravel.

I'd have to say the article in my view is correct and the method is used on thousands and thousands of kilometres of fencing. When you're trying to keep a paddock full of half-tonne bullocks from getting out you have to keep to proven and tried methods. I'd like to show readers a few other joins and their uses.

C Dundee,
C/- McKinlay Pub, WALKABOUT CREEK.

figure 8 join
(non-slip)



wooden straining post



non-slip
join for
straining
post

SPREAD THE WORD

When finished with this issue of GR, why not pass it on to a friend, or leave it in a waiting room? Share the good news with others who haven't yet come across GR.

Dear Megg,

I want some **MARANGO TREE** (*Moringa olifera*) seeds, a native of Asia. I am prepared to pay for them.

Question: I have many tonnes of **DRIED GUM TREE LEAVES** lying on the ground – always. Does anyone know of a use for them besides a very long slow composting cycle due to their eucalyptus oil content? They have to be collected from around the house anyhow due to the fire risk, and their thick carpet stops grass growing if they're not raked up.

Small offcuts of carpet are usually chucked away on our rubbish tips, but they are a great **SOLE LINER** for work boots and take the chill out of concrete floors if your job is standing for long periods. They take out the jarring in hiking boots too.

I'm told by friends who work in testing labs that a **MOULD DEVELOPS** very quickly on instant coffee once opened. You can reduce this substantially by keeping it in the fridge.

When **PAINTING WALLS AND CEILINGS** just remember that the fumes from the paint drying process hang around for quite a while. If you can, paint just before you go away on holidays so the fumes have a chance to dissipate while you're not there. Asthmatics would know the bad reactions some of them have to new and refurbished houses.

New carpet is also a good one to lay just before you go on holidays because the anti-insect sprays (to guard against carpet beetle, silverfish etc while it's in storage before use – sometimes years) are a bit toxic to asthmatics. Air the home out completely for as long as you can when you return from your holidays. You'll find there won't be many beasties around for a while.

Roberino,
Lot 4, ARRAWARRA BEACH 2456.



Dear Readers,

PERSONS NEEDED, male or female, to work on a workshop concept with the aim of introducing **ENVIRONMENTAL SOLUTIONS** to individuals and communities through participation in cultural activities. This will include having or gaining a clear understanding of the nature of culture, and the difference between culture and entertainment.

The situation involves extensive research into all aspects of the many ongoing environmental difficulties, locally and globally, as well as having or gaining a comprehensive understanding of the range of suggested solutions which are currently proposed.

The situation will also require an appreciation of the life-values and principles which will guide human conduct into environmentally friendly behaviour.

The persons best suited to this situation would need to possess a good sense of humour and fun, have a flair for the theatrical, a storytelling ability, be willing to participate with singing and dance. An ability to play a musical instrument would be helpful but is not essential.

The workshop, once developed, could be given many variations as applicable to different communities and age groups. There will be unlimited scope for taking this workshop concept into schools and colleges.

Should the workshop in practice achieve a sufficiently high level of excellence, invitations could be sought and received to present this workshop in diverse places around the world.

There is no income attached to the situation at this stage. As the workshop is developed and staged income can be secured through grants and presentation charges.

Kim Peart,
22 Cambridge Rd, BELLERIVE 7018.
Ph: 03-6244-5713.

FEEDBACK LINK-UP FEEDBACK

Dear GRs,

Does anybody know the whereabouts of **BILL & NAOMI LEWIS**, last known address Yowrie Valley, Cobargo (NSW), 1992? Could you please pass the address below on to them and say Z'd like to say 'g'day'?

Zane Perry,
1 Swan St, CAPALABA 4157.

Dear Megg & Mary,

I love your mag and do my best to live a good life in the city on our quarter acre. I too don't believe in any drugs for anything, but one does have to congratulate modern medicine and realise it does have its benefits, without burying our heads in the clouds. I refer to Robyn Neal's article and Heart Worn Parent in GR 118. Many children could benefit from a sensible diet, there's no need to go overboard either. But, and a very big but, not all symptoms will benefit from a good natural diet or eliminating any particular food.

I too pump my son full of Ritalin, very unwillingly, and only when I feel he needs it. He is autistic and without the medication his chances for an education would be impossible. I have five beautiful children, all planned, and I stay at home for them all. My husband works very hard to make it possible. We do a lot of family orientated activities such as swimming, picnicking, visiting friends and family, camping, or just watching a good video. We have a lot of friends (kids' friends) over most weeks and quite often have a house of 10 or more children. John also has a dog, 'Yab' who has slept with him for five years, which I previously would never have allowed, but one does anything if it helps. Without stimulating him on medication he is incontinent, restless, disruptive, and doesn't hear or absorb what is said. He has an above average IQ so not to help him would be cruel. To any parent who really cares, don't let your child suffer; they don't need to be on the drug constantly. It gives a four hour time length (if it works) and if the child is manageable or expectations aren't as great at different times just use it when most needed, but never more than your doctor prescribes for a day.

But a sensible diet also is used, and yes, John is allowed some junk food so he's a real person too.

Loving Mum from Petrie QLD.
C/- GR 121, PO Box 242, EUROA 3666.

Dear People,

I would like to locate a copy of a book last seen in the early eighties in WA, called *Things To Do While Waiting For The Messiah* (or something very similar). If anyone has a copy of this book, or knows of one, I would be pleased to buy it and pay postage.

Denis Rothwell,
Littlewood Rd, NTH ROTHBURY 2335.
Ph: 049-382-036.



Dear Everyone,

Here are some answers to Feedback requests.

GR 118:

Vicki Judd – SOCK PATTERNS. I have a Paton's pattern for men's socks and women's and children's bed socks. Please send 75 cents in stamps to cover postage and photocopying if you would like the patterns.

C Van Der Lelle – SAUSAGE MAKING RECIPES. Sausage meal and skin suppliers often have recipes and there are recipes on the packets of meal. Otherwise experiment in small batches. We have found this successful.

Ann Marie from Tyers – GLYCERINE SOAP. My recipes for glycerine soap contain lye (caustic). A good book is *The Complete Soap Maker*, by Norma Coney, ISBN 0-8069-4868-X. It has lots of recipes and ideas.

GR 117

Joan McCall – TEA COSY PATTERNS. Try to obtain the book *Killer Tea Cosies* from your library. It has some really unusual patterns.

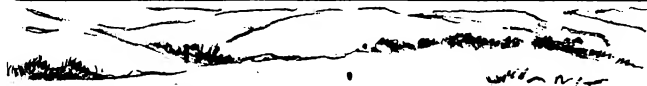
GR 116

Geoff Bateman – CONE ANTS. We use mulesing powder (normally put on the backsides of muleshed sheep) sprinkled over the nest to kill ants. It is very effective and is available from most stock and station agents in areas where sheep are kept.

A lot of information requested in Feedback could be obtained from your local library. If they don't have any information ask them to request books on the topic from the State Library. I have never been knocked back yet and I live 130 kilometres from my 'local library' and over 1000 kilometres from the State Library. Also ask the library for books reviewed in Recent Releases in GR and other magazines.

Karen Long,
'Mt Marlow' Shed, ISISFORD 4731.

Readers should be aware that it is illegal to promote or be involved in 'pyramid' type chain letter schemes which claim massive incomes from a modest outlay. The maximum penalty under the Fair Trading Act is \$10,000. If you have been bothered by such letters contact the Office of Fair Trading, otherwise light the fire with them.



Dear Megg & Mary,

This is a hot dry arid area in summer; we're 200 kilometres from town, shops etc, on red dirt roads, but the peace and quiet are magic. On these hot nights I sleep out under the stars and listen to the kangaroos thumping around. I look after a rammed-earth outback museum, tend my jungly garden and talk to my cats-dog-pony. I have been in this area for 25 years and have been station cook/housekeeper/camp cook (Hi, there Stock Camp Cook – been there, done that!).

I live more slowly now as the old legs are reaching their use-by date and the bearings are going!

Winters are wonderful, we get stuck into our gardens and have fresh vegies for a few months. The bush is a feast of colour as it comes alive after rain and the gardeners, too, have a new surge of energy.

I love *Grass Roots* as it is; please don't change any more. I preferred Gumnut Gossip at the back, as when one had sadly come to the end there was this one more little newsy bit left. In Gumnut Gossip and Down Home On The Farm I have followed the growing of Sunshine from a toddler and enjoyed your outlook on things Megg. I liked the old cover design too, but perhaps that's a generation thing.

What I would like to see would be an **UPDATE ON THE EARLY CONTRIBUTORS**: Maureen & Barry Wright, Renate, Jack and all those who started it off. Where are they now?

Marie Wendland, WA.

We'd love to hear from those early contributors if they are still reading.

Dear Grass Roots,

This is an answer to Hannah Eichler's letter, GR 118. Simply wind closely around the appropriate power cord, five or six turns of fuse wire, twist the ends together. This **CANCELS THE MAGNETISM**, the villain when you hold your forearm close to the screen. The hairs will not now stand out. This holds for all electrical appliances that are motorised. For electric blankets the wire is wound around the double wiring between switch and blanket. The performance of motor cars can be improved by winding around the wire between the coil and the distributor or around each spark plug wire. I advocate fuse wire as it is handy and not covered by insulation in any form.

Frank Moody,
PO Box 200, CAIRNS MC 4870.

FEEDBACK LINK-UP FEEDBACK

Dear Folks,

About these **AWARDS**. There have been *so many* interesting and *so many* helpful letters and articles from so many contributors for so many years, just how is it possible to narrow the selection down to one? I'm a real coward at heart so I'll write this very small... I hope the question of awards never arises again.

I remember some years ago we bought a new bed and this new bed was a bouncy new bed and we weren't used to a bouncy bed. I was reading an old GR where a woman was relating her experiences with her new motor-mower, and I laughed and I laughed and I shoved a hanky over my mouth so I would not shake this bouncy new bed. I tried to read more of the story and my tummy ached with suppressed laughter, until I finally slid out of bed so I could laugh in peace and not waken my beloved.

Then there are all the little bits and pieces of information that 'I might use one day'. I have filled a whole exercise book with these snippets. What a range of enjoyment one can get from GR! As well, I have made some delightful correspondence-friends. Now that my life is simple and relaxed are there about two people who would like to correspond? Before my beloved died there was a man in Queensland who wrote a great letter and wanted to correspond, but I forget his name.

Oh well, I don't want to be a real meanie, so feature the awards again if you wish, but this time be prepared to have a couple of hundred winners!

Bea Scates,
13 Kenny Cl, SWANSEA 2281.



Dear GRs,

One of the best rat and **MICE BAITS** is smooth peanut butter on the bait plate.

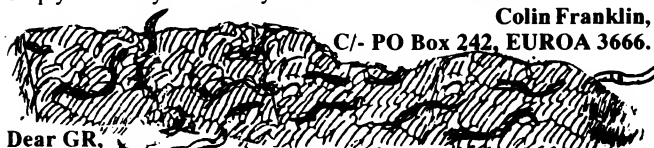
With regard to **GINGER BEER RECIPES**, one must adhere strictly to recipes where this drink is concerned as the slightest extra sugar or even cutting back on water requirements will cause it to explode.

Allison Watson, GR 118, a very good book, *Aromatics*, by Angela Flanders, has your requests in it. Also Anne Marie will find her request here.

Sandra Benns, please send 2 x 45c stamps, as I have the answer for olives and tamarillos for you.

Mrs Jacki Comber, the Arthritis Foundation of Queensland can help you as they have many articles and diets available.

Colin Franklin,
C/- PO Box 242, EUROA 3666.



Dear GR,

Recently I bought a **WORM FARM** complete with worms. Things were going well until New Years Day when we had a run of weather in the forties. Even though I kept the farm in the shade under trees, my worms headed off to cooler climates for a holiday and were never seen again. I read a letter by Barry Stephenson in GR 115 and had already applied all the things he'd suggested, but it seemed my worms had a mission in life - to escape! One suggestion given me by a friend is to use a greater percentage of paper products mixed in with the vegie scraps, as the decomposing vegetable matter adds to the heat. I haven't tried that yet as I am loath to buy more worms until the summer is over in case we get more really hot weather. The other problem is fruit fly and maggots. The flies lay them on the outside of the farm and because they are tiny they can wriggle down inside. Hey presto, not a worm farm, a maggot farm! All in all I think the design needs improving. A suggestion would be not to make it in black, that

only adds to the heat problem. Anyhow, thought others might like to share their thoughts with me on the subject. I usually borrow GR from our local library, though it's a race to get the latest copy.

Joanne Gavin,
7 Goodchild Place, BELLEVUE 6056.

Dear Megg & Co,

I've been using **THERAPEUTIC FASTING** to control my arthritis. I also have had chemical poisoning and chronic fatigue. I've found out that during a fast, toxins and chemicals such as DDT are removed from the body ten times faster than usual. I'm thinking that this could be a natural treatment for chemical poisoning or chronic fatigue. Also it reduces blood pressure and is a natural weight reducer. I lose about a stone a week while fasting as I keep working. A good book on the subject is *The Miracle Of Fasting*, by Dr Paul Bragg, but there are other good books also. I think it is wise to learn a few basic rules before trying fasting.

Lance Bullock,
C/- Dargaville Post Shop,
Northland, NEW ZEALAND.

Dear GR,

First of all, thanks for a great magazine and good on you all you lovely readers for treading lighter on our beautiful Earth. A happy and healthy '97 to you! **I'M LOOKING FOR PENFRIENDS** from anywhere, any age. We are Sarah (25), Brad (33), Freya (8 months) and Rastas (bow wow wow). In a nutshell I love nature, animals and the simple things in life as opposed to rampantly consuming. So if you feel inspired to write and tell me what makes you feel zesty about life please do.

We're keenly trying to acquire our own patch of land, so anyone who has escaped the renting trap and done this, please write and inspire. If anyone wants to know anything about Far North Queensland, especially the Atherton Tablelands, I'll help if I can. We've lived from the edge of the drier country (Tolga) to Australia's wettest inhabited place (sometimes sharing the title with Tully and Babinda), Topaz

Sarah Davies,
75 Robert St, ATHERTON 4883.



Hello Folks,

Well it's finally come! My chance to write in to a wonderful magazine. Keep up the good work. My husband, Des, myself and two kids, Bradley (8) and Cameron (4) are very close to moving out of suburbia where our attempts to grow anything have been disastrous. Not to mention neighbours who hate chicks! We are on our way to north Queensland, Ravenshoe area. Our plan is to be there by October '97. We have a small catch though. We need to have somewhere to live that is cheap. We don't mind what state a farm is in. We were thinking of **CARETAKING** a property for about 12 months and would love to hear from anyone who can help us out. We will bring with us many skills such as cementing, building, gardening, etc. Also, could anyone advise us on what kind of **DUCKS** are best for producing eggs and meat? Bradley would like to get into ducks. Any letters of encouragement would be appreciated. Thanks for a great magazine. Love to you all.

Julie O'Meara,
PO Box 145, REDBANK 4301.

For information on ducks eggs see GR 46, page 93, and GR 49, page 96. Information on raising poultry for meat can be found in GR 71, pages 57-58 and GR 84, pages 61-62.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

FEEDBACK LINK-UP FEEDBACK

Dear GR and Readers,

Does anyone know how to make **LAVISH BREAD** or any other yeast-free breads? I'd really appreciate any letters and recipes from anyone who knows. Thanks for a great magazine.

**Karen Joblin,
23 Gould Cres, Woolston,
Christchurch, NEW ZEALAND.**

Dear Editor,

Great magazine – keep up the good work! From time to time people ask for ideas to **GET RID OF ANTS**, myself included! I came upon this idea recently. One small tray (aluminium foil variety) of wine. The little critters drink their fill and go home and die, I presume of alcohol poisoning. Red sweet wine is best. My sink was often covered in ants although I never leave food or even a crumb. I'd just awake to thousands of little visitors.

A small reminder to readers. I've replied to a number of requests and about ten percent bother to reply. I've sent small pattern books, photocopies and seeds. If you have the time to make a request surely you can make enough **TIME TO REPLY**. If you are inundated with replies six lines in Feedback would suffice.

Great **QUICK RECIPE FOR MUFFINS**: 1 cup each: coconut, sugar (raw is best), chopped dates (or sultanas), minute oats and SR flour, half a teaspoon baking powder, 1 tsp cinamon and mixed spice. Mix together and add 1 cup milk and 1 tbsp honey (or golden syrup). Place in greased muffin tins and bake 20-25 mins at 180°C, top shelf in gas oven. Makes 12. Can be cooked in 24 patty tins. If served hot with custard they make a good sweet. They freeze well – thaw in microwave.



**Marj Bates,
DANDENONG 3175.**

Dear GR,

I wish those who put requests in GR would **PUT IN A PROPER ADDRESS** when they ask for help. Four replies I sent in response to requests in GR 118 have been returned, marked 'Address Unknown'. It is a waste of money if the address is incorrect. I know it is not your fault, you publish what is given to you, but it's a waste of time and money if your letters written in good faith are returned.

**Rose Swanson,
Lot 9 Braemore Lane,
TOOGOOLAWAH 4313.**

Dear GR and Readers,

From time to time I pull out all my copies of GR and enjoy reading them again. It's amazing what tidbits I find; although more like how much I have forgotten. I find much help and encouragement from GR and thank you for all your work. In GR 20 an article appeared entitled 'Training Goats To Harness', including photographs of a goat cart. The idea sprang from the writer seeing a picture of a boy in Switzerland taking milk to the cheese factory by dog cart. My son is very interested in hearing from anyone who has been successful in the building of a **DOG CART**. He has a dog who loves to run and pull, but is having a few design problems with the cart. Any help/ideas would be most appreciated.

**Shirley A Trewin,
84 Sydney St, BAYVIEW HEIGHTS 4868.**

All People, All Nationalities,

News items wanted for a new **CHRISTIAN NEWSLETTER** started October 1996. Slow learning, nervous, lonely, midget people welcome. Donations will help with printing costs.

**CNLTC,
3/91 Penguin Rd, SAFETY BAY 6169.**

Dear Grass Roots,

I have discovered your magazine and I think it is great and so helpful to read other folks' ups and downs in life. Am looking forward to the next edition. I wonder if there are other readers who have had **SHINGLES** and have cured them? I've got a friend who has had them eighteen months and suffers terrible pain. There may be someone who has suffered similar. Also, how do any readers cope with **CHRONIC FATIGUE SYNDROME**? I know a lady with it and she doesn't get much help from her doctor or naturopaths. Perhaps some reader has the same and copes all right, I'd love to know.

**Helda Kelynack,
C/- PO, DINGEE 3571.**

Two readers shared their experiences of CFS with us in GR 110. Back copies are available for \$4 (incl p&p).

Dear Megg,

We enjoy the magazine and thank you all for your work. I have had a stroke and only have the use of one hand. I find it very difficult to tie up plants – the raspberry canes are very difficult on my own. I dug out the lawn (slowly) at the front and am trying to grow pumpkins, but as we face the beach there are lots of windy days. I tried native plants, but they have not been too successful. I would like help with general vegetable gardening. Also, what will grow in the wind, **VERY NEAR THE SEA**? We get the salt spray on the windows. Hope you can help.

**Val & Fred Walsh,
67 Ormond Esp, ELWOOD 3184.**

Dear GR,

I would really appreciate any information on how to get rid of **BULLANTS**, as they are making my life a misery. They are the small brown variety that are aggressive, jump, and have a very nasty bite, which I have a severe allergic reaction to. I love working in my garden, but have to smother myself in Aeroguard every time I set foot outside. Plus, they make it very difficult to mow the lawn.

Does anyone know where to get, or maybe someone has, some **CORN SEEDS**? I can't seem to find any anywhere.

**Melissa Farrell,
9 Eucalypt Rd, SPRINGWOOD 2777.**

Dear GR,

I'm after **CALICO FLOUR BAGS**, namely from WA, NSW, Vic, Qld and NT. I have plenty from SA and a couple from Tasmania. Soon they will all be replaced by paper and plastic. I'm trying to make a quilt depicting Australia from various states. I have written to nine companies, received two replies and one of them was a negative. If any reader would like to swap, or I can buy one from each state I would be happy at that.

**Vera Jeffs,
PO Box 378, KAPUNDA 5373.**

Thinking of writing a Feedback letter?

- Our Feedback Link-up section is so popular it is uncommon for letters to go into the following issue, although we do our best to fast-track urgent requests. In many instances it will be appropriate to place a Grassified advertisement if you are in a hurry for a reply.
- Many readers request information that has already appeared in earlier issues of GR. Send for a back copies list if you think the information you require may already have been covered by GR (see order page for details). Your local library is also a wealth of information and may have a solution.
- Last but not least, please try and keep your letter to 100 words or less if you can.
– we're just trying to get the 'Feedback letter' pile down and get your requests printed as quickly as possible!

FEEDBACK LINK-UP FEEDBACK

Dear GR,

I was interested to read the article by Don Eldridge on **HOLISTIC HYGIENE**, GR 119, page 17. Just after I married we lived on a farm and suffered through one of the worst droughts in written record, even birds were falling out of the sky dead from dehydration as there was no dam, creek or river water anywhere. All we had was a precious 10,000 gallon tank which is not very much at all when you can't just go and turn on a tap like the city dwellers do. So we learnt to bathe in just seven to eight cups of water and that included the washing of our hair. We called our method of getting and staying clean 'bush bogey'. (Bogey is Aboriginal for a bath/shower etc.)

Now for your bush bogey you'll need a large bowl, towel, baking soda, face washer, a sponge, washing soda and soap. One of the aims of this is the elimination of soap so only use it for deep ingrained dirt using a nail brush, otherwise use only baking soda. If you live in a hard water area you'll need two tablespoons of washing soda in your bowl. Put four cups of the water in your bowl and add the baking soda (not baking powder) and washing soda. The water must be as hot as you can bear it. Stir around to dissolve your additions. Then simply take your facewasher, wet in the bowl and go to it, washing all your body, rinsing the washer frequently in the bowl. Then tip that bowl out onto your garden.

To wash your hair put your last four cups of water in your bowl – again as hot as you can bear – and add three tablespoons of baking soda, stir it around. Bend over your bowl and wet all your hair, then comb the solution all through your hair, doing a section at a time. The soda chemically reacts with the oils in your hair, thus cleaning it. After you've thoroughly wet and combed your locks put a towel around your head and leave 10 - 15 minutes. Throw out the old soda solution, on the garden, and repeat the process with one to two cups of very hot water. This neutralises the soda. Let your hair dry naturally – no dryers.

Baking soda makes a wonderful cleaner and deodoriser. Instead of using chemical underarm deodorants make up a solution of one tablespoon of baking soda to a cup of hot water and wash your armpits with that. You'll be surprised how fresh and clean you'll feel.

For anyone with itchy skin put 3-4 tablespoons in your bathtub water and just soak yourself in it. The secret of baking soda bathing is soft water and no soap.

I have a terminal illness and spend 16 hours of every day hooked up to a life support machine, so to fill in those long hours I've taken up two hobbies. I'm researching my family tree (with great success), and I collect phonecards and also the billy tea heritage cards. So if anyone has any phonecards or the billy tea cards they don't want I'd love them because my hobbies are what keep me going, giving me the will to live and fight this illness and fill in those long hours when one is apt to reflect on the 'why me' question. Well, that's all for present. Love you all and hoping for an avalanche of used phonecards.

Michele Dixon,
43/136A Lindesay St,
CAMPBELLTOWN 2560.



Dear Readers,

We are considering building an **UNDERGROUND HOUSE** on our country block and would like to hear from anyone who has done so. The front would face the east and be glass to give bush views, and it would be backed into a gentle slope. Any advice or problems faced by other GR readers who have built this type of home would be gratefully received as a positive exchange of ideas.

Loraine Baker,
4 Lennox St, COLYTON 2760.

Dear Grass Roots,

For people in the Caloundra to Noosa areas of the Sunshine Coast, Qld, we have formed our own LETSystem. **LETS** (Local Energy Trading System) is a system of exchanging skills, services and goods within the community without the use of dollars. You can have those long-neglected jobs done around the home and discover new skills you may not have realised you had. I recently wrote to GR to announce the formation of our LETSystem here, but there have been some changes since then. We amalgamated with Noosa Lets and changes our name to Sunshine Beaches LETSystem. We moved our office to Buderim and have a new phone number. If you are interested to know more call Kathryn 07-5445-2980, or Anne 07-5444-7520, or send an SAE to:

Sunshine Beaches LETSystem,
PO Box 428, MOOLOOLABA 4557.

Dear GR,

It's been a while since I last wrote. We are **FARMING EMUS** now and will have blown eggs for sale (or swap). We have decided to sell our five acre block and put our mud brick home on hold as we'd like to travel. I always thought Muscovies couldn't breed with other birds, but a friend has three generations of Muscovy X. I am milking my British Alpine goat who must have thought 'she was pregnant. Has anyone else come across this? Anyone who'd like to write, I am 29, happily married with four children and enjoy a GR life.

Debbie Smith,
2090 Barrabool Rd,
GNARWARRE 3221.



Dear GR,

Does anyone have the recipe for **MAKING A DUNG FLOOR**, such as the one at the Stroud monastery?

I have some very interesting information on **NATURAL PROGESTERONE** use instead of HRT. If anyone would like the eight pages of info, they can send me \$1 stamp and I will mail it to them.

Re letter from J Amey, GR 116. Do you hang **RUBBER SNAKES** from fruit trees or anchor them along the branches?

Re Lynette K, GR 116. I have never had my **MOUSE TRAPS** ignored by mice when I have put a pumpkin seed as bait in them!

Clare Stains, re GR 108 and her **RED DRAGON PIE** recipe. It is delicious and everyone that I have made it for loves it, so hearty for the cooler months and so very healthy too! Kids even ate it with tomato sauce on top.

I've taken up answering letters this way as so many don't even bother to reply, even when you have gone out of your way to help them with their problem.

Anyway, I am giving up the false security of my new Department of Housing villa, to move to the unknown future of **TASMANIA**. My daughter moved there a couple of years ago and they have just purchased a home at Collinsvale for them and their three boys. They love it so much down there that they will never leave, so I have decided to be a good mum and grandma and live closer to be able to help out when I am needed. So if anyone knows of a miracle, a long lease or a permanent caretaker's job, of which I have had experience, could they please think of me? I am very young looking and very healthy, and a good gourmet cook. I'm also a Christian and would love to know people of any walk of life to visit on my way down to Tassie, as I will be driving.

Juanita Ellis,
6/50 Church St, WINDSOR SOUTH 2756.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

In GR 118 I wrote an article on the Holy Goat Ranch in northern NSW. Pat Coleby, an alternative farming consultant and author of many GR articles, has written to me concerned about my reference to goats on the ranch eating **PRIVET**. Pat told me that privet has poisonous properties and can kill caprine kids and has come very near to doing the same to human kids on occasion. Privet (and incidentally lilac) does not poison the animal but does poison the milk.

Wendy Seabrook,
PO Box 87, BROADWATER 2472.
Ph: 066-828-148.

Dear GR Lovers,

I have some **WRITTEN MATERIAL** which could be of value, especially to those newly established or contemplating acreage living. I am now confined to suburbia, but in 1983 and 1984 while living on 50 acres in south east Queensland I completed two courses through correspondence. They are Animal Management and Pasture Management. Although the material is 12 years old, it covers management principles, types of livestock, breeding, types of grasses, etc. The information is broadstream, forming the basis of sound general knowledge. The information weighs 11 kilograms, excluding packaging. If anyone is interested in it (packaging and postage being your cost) please write or ring.

Shelley Garbuio,
PO Box 721, SPRINGWOOD 4127.
Ph: 07-3801-1355.

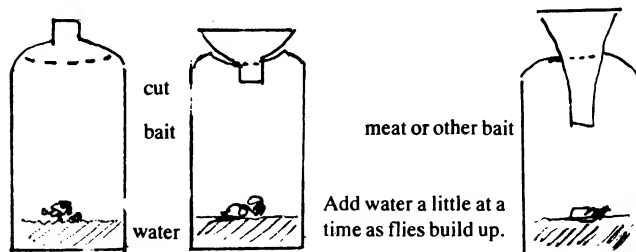
Dear Megg,

You suggested composting or burning chain letters, but the paper is so poor it won't even burn without first being soaked in flammable liquid. And re those who request letters for information or help, even if they do not like what they received at least they could have the courtesy to acknowledge the letter even if only to say thanks. Many of course do, but there are some who just ignore what is sent to them. Whatever creative communication we exchange with others hopefully leads to an expansion of all of us even though we may not be in agreement, at least the exchange should be a stimulant to greater thought or a different approach.

Many years ago you published a piece I wrote on self-sufficiency (GR 41 or thereabouts). That article was written after analysing Feedback letters over a period of time. Over the years the nature of Feedback letters has changed quite markedly. At that time some letters were destructively critical of others' ideas and/or constructions. In recent time letters have generally been positive and constructive in either offering solutions to others' needs or seeking help or ideas, and this is good to see. I would like to congratulate people like Roberino (and others) who consistently seek to use waste materials and to be generally positive and creative in finding innovative ways towards self-sufficiency.

I like Roberino's ideas for using **MILK CARTONS AS FLY TRAPS** and as insulation. I have used plastic soft drink bottles in

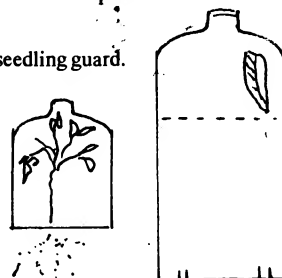
Fuse with soldering iron or dab of glue. Alternatively use top of another bottle of longer taper.



To avoid objectionable odour of rotting flies attach to chimney or TV antenna.

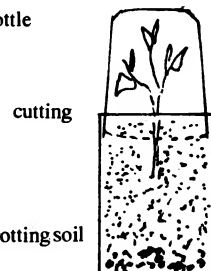
similar fashion as fly traps. I feel these are probably better for blow flies and Roberino's are probably better for fruit fly. Cut the top from the bottle where the shoulder narrows and invert the top and sit it in the bottom part and retain it by heating at several points around the circumference with a small soldering iron, alternatively a large nail heated in a flame. Sometimes this is easier using two bottles of differing taper at the top.

Use top as seedling guard.



clear plastic bottle

2 litre milk bottle cut at bottom of handle

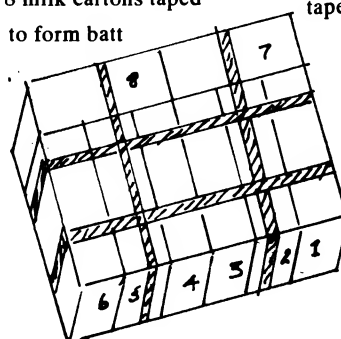


gravel

I usually buy my milk in two-litre plastic bottles. I cut through these with the bandsaw at the point where the bottom of the handle returns to the container. Put a few drain holes in the bottom and use them for propagating pots. The tops are good for protecting small seedlings from predators. Clear plastic bottles can be cut and inverted over cuttings in the propagating pots to form a miniature hothouse to stimulate striking.

I would like to suggest the following as improvements to Roberino's **INSULATION IDEA**. First, climb into the ceiling space and measure the distance between joists as many older houses were not built to a standard. Next, check that the manhole or other ceiling access is greater than the distance between joists. Next, lay a number of milk cartons on a flat surface to approximate the size of a standard insulation

8 milk cartons taped to form batt



Arrange format and number to suit joist space.

Make sure manhole is larger than batt.

batt in length and a width which will fit between the joists. Now tape the cartons together using air-conditioning duct tape or similar or glue them together with a suitable glue. Now apply foil to the top and bottom only, but not the edges. Foil is a reflector of heat but is also a conductor of both heat and electricity and if put on the edges will conduct from top to bottom so negating the cavity effect and reducing the reflective effect. As Roberino warned, be careful to avoid placing any electrically conductive foil on or near electrical fittings or wiring

(particularly old wiring) and avoid putting insulation on downlights or other heat generating equipment as this can retain heat to the extent of becoming a fire hazard. The above method will considerably improve the R rating (insulating factor) and reduce the number of trips up the ladder during installation. Great idea Roberino.

Neil Macdonald,
PO Box 111, SEYMOUR 3660.

FEEDBACK LINK-UP FEEDBACK

Hi There,

Thought I'd send you this kinda cute photo of my eldest boy, Tre Raroa James Dudman, lending a helping hand in our magic garden. The local residents couldn't believe it when we moved in. Within the first two days we had constructed and planted up a **NO DIG GARDEN** ten metres long and three metres wide. The materials were mostly collected locally: timber from a demolished house, composted grass clippings from a vacant block, seaweed from the local beach and vegie scraps from our grocer. The burbs are oozing with free organic matter! We (that's myself and my marvellous mother-in-law) were madly running up and down the street dragging bags and bits 'n' pieces. One set of venetian blinds we had to pass now has a permanent buckle at eye level!

'That's the strangest kinda gardening I've ever seen,' said the old man with nothing but a Hills Hoist and decaying old crepe myrtle in his backyard. 'Where are the roots gunna go when they hit that bloody cardboard?' 'Don't ask me,' I said. 'Ask the worms!'

The wealth of tucker you see in the photo was our first crop: eggplant, corn, beetroot, capsicum, silver beet, tomatoes, zucchini, lettuces, cucumbers and bountiful herbs all living happily together. Although he'd almost scratched a hole in his head, the old guy was most impressed.



Lending a hand in the garden.

Phil Dudman,
27 St Catherins Tce, WYNNUM 4178.
Ph: 07-3893-2168.

Dear Grass Roots,

I've read GR for years and have enjoyed hearing of others' lifestyles, life changes, ideas and hints. Now I find I'm in need of what must seem to be very basic information. My children and I now live in a home with a tiny paved backyard. I come from a background of organic gardening, growing many fruit trees, vegies, keeping chickens and so on. Although I've started a few vegies in pots, I'd like any hints or ideas on how to establish a garden in my **RENTED, PAVED, TINY BACKYARD**. For example, can I obtain styrene foam boxes easily? Is hydroponics something I could consider? Funds are strictly limited, so practical, cost-efficient ideas please. Do write direct to me if you like. I'd love some mail. Life is a little lonely doing it alone.

Maggie,
PO Box 180, DAW PARK 5041.

Dear GR,

I am writing to let you know how much I enjoy GR. I am unfortunately a suburbanite, but I definitely agree with GR principles. When I was a teenager, I am 26 now, I came across your magazine in a local newsagency. I wish I had begun buying it then; sadly I didn't. I work in a supermarket and I see so many junkie magazines that there's nothing sensible to read, unless reading about celebrities is considered sensible. That's why GR makes a refreshing change, reading about real people making an honest living in a very dry land. I would love to complete a course in permaculture and self-sufficiency and eventually begin a permaculture business. At the moment that is impossible as I don't drive and cannot afford the course yet. However I won't give up.

To Anni Edge of Macgregor, have you thought about moving to **TUGGERANONG**? Where I live there are mountains on all sides and the views are spectacular, especially at sunset. On misty mornings it's almost like you are waking up with the clouds on your back door. At night when it's pitch black and the lights are on in the valley where I live on a hill, it looks like a Christmas tree except it's black. It's really great. My parents live in Downer and I sometimes wish they lived a little closer to us, as it's too far. Anyway, good luck with whatever you decide. Have you thought about volunteer work or selling via a small business such as Avon or Nutri-Metics? You can meet plenty of people that way and there's no pressure.

Where can I obtain information on **BIODYNAMICS** as issue 119 brought it up and I wouldn't mind knowing a little more about it?

Best wishes to GR and readers including Anni.

Barbara Marshall,
95 Sheen Place, GORDON 2906.

Issues 116 & 117 contained articles explaining biodynamics.

Dear Readers,

Female, 39, two primary school children living in a large Riverina city would like to **RETURN TO THE STICKS**, but waver at finding the right place and the advisability of doing this on our own. Small acres, housing not flash but comfortable, water nearby, genuine folk, maybe towards South Australia. Would like to hear any experiences/advice from better travelled readers. Penfriends welcome.

Country Life (GR 121),
PO Box 242, EUROA 3666.

Dear GRs,

I wish someone had had told me about the consequences of **HIRING HEAVY MACHINERY**. Three and a half years ago we started building a road to our block on Tassie's east coast so we could build the house we now live in. Thanks to the seeds that the heavy machinery must have had in its tyre treads, we have done three days of 'thistling' on our 3 1/2 kilometres of road. There are also other weeds which we will have to poison. The worst is the one I call octopus - though it has more than eight arms and has spines instead of suckers, it regrows rapidly if I miss the tiniest bit of root!

To give my hands reasonable protection, I use two pairs of leather gloves - riggers' gloves topped by welders' gauntlets.

As we dug thistles we loaded them into a homemade incinerator (from a 200 litre drum) on a bed of sand and planks, in the trailer. We lit it when it was full, and must have filled it about 50 times. We used kerosene to help things along - not petrol.

As we were driving home today, I saw two more **THISTLES** - we hadn't overlooked them, they have just grown in the last month since we cleared that stretch. Now that we have a system for dealing with the problem, we hope it will be easier next year.



J McRae,
1295 Coles Bay Rd,
COLES BAY 7215.

FEEDBACK LINK-UP FEEDBACK

Dear Megg & Mary,

I have been an avid reader of GR for many years in which I have gained valuable knowledge that I am now putting into practice on my 20 acres and have also made some good genuine friends.

But I felt compelled to write to you in relation GR 119, 'Holistic Hygiene'. Mr Eldridge obviously has not heard of **ALTERNATIVE SOAPS**, shampoos etc, that can be made from the garden. Nor has he heard of bacteria and how it transfers, nor how dirty you get when working in sustaining a lifestyle.

Daryn Kruse,
Lot 69 Matchbox Rd,
RMS 937, via ROSEDALE 4674.

Dear GR Readers,

I, with my husband, have just purchased 320 acres of beautiful land at **BACHELOR IN THE NORTHERN TERRITORY**. Unfortunately referred to as 'swamp' by some locals and we were scoffed at for buying during The Dry. My hubby and I are seasoned wet season campaigners from north Queensland and we do our scoffing in private. Yes, parts of our block are wet during The Wet, but that of course is not forever. Access to our haven at this time of year is impossible by conventional means so we have rented a house in town (population approximately 300) and use our foot falcons to travel the two kilometres into our block. The walk is fantastic. We cross a flood plain, usually knee to crutch deep at the peak of The Wet, and the usual owners of the flood plain can be seen gracefully picking their way through the two-metre high grass stalks. The owners are broilgas that hang out in couples - very romantic to watch! Anyway, when the wet has passed and we can get in we will endeavour to set ourselves up enough so that we don't have to worry about getting out and not be within earshot of the scoffers! Permaculture, free range chooks, solar power, a compost dunny (eventually), each other, and of course the broilgas! I know who will be scoffing.

For Vicki Judd, Boronia, GR 119, re your husband's cardiac myopathy. Try and get your hands on the magazine *Healthy Options* NZ. I know you can get it from Boulevards Newsagents, Port Hedland, WA 6721. Through it or in it you should be able to get onto someone about chelation. It may be the answer to your prayers.

Amanda,
Box 127, BACHELOR 0845.

Dear Megg et al,

Thank you from yet another corner of the world for the brown paper bag and contents that arrives in my hands just when I need a tonic. You'll never believe just how much **GOODNESS AND ENERGY** oozes from your magic publication. I started buying it from the very beginning when Marjorie Spears seemed to beckon me north from Canberra. There's not so many things or people still in my life from those days, but you still touch my life all these years and miles and four children later. I missed five years from 86 - 91 whilst we lived in Zimbabwe. But you and Vegemite and Fruit Tingles were still here.

Now we live up past Cooktown on a mine site. We scoop up tonnes of silica sand and sell it to Japan. The land is Aboriginal, but the mine site is leased from them, so first job preferences go to the Aboriginals from the local community of Hopevale. Recycling is something I'm really trying to learn and practise. We have 27 kilometres of beach here (called the 'Big Beach') and in the last four months I've collected over 600 bottles for a guy in Cairns who melts them down on their side for cheese platters. Yesterday I finally became the proud owner of my very own bottle cutter. But there are still bottles, especially clear plain ones, down there begging for a new life. I've written to the National Library to see if they can provide me with information on how to melt them down for beads or anything. If the Community Aid Abroad countries can do it in poor communities, I can't see why I can't work something out.

I've pulled apart umpteen op shop jumpers for blankets (crotch-eted), am a keen patchworker, made 300 magnets for Cairns School

of Distance Education's fete last year from seeds and bits off the beach. We have a very healthy diet, no preservatives or colouring etc or even processed food. And the Aboriginals think I'm nuts! Just thought I'd jot a page down, cos every year when I renew my subscription, I feel so plastic sending it off unaccompanied by a more personal touch.

Julia Wishart,
Cape Flattery Silica Mine,
PO Box 6212, CAIRNS 4870.

Letters are accepted and edited at the discretion of the publishers.

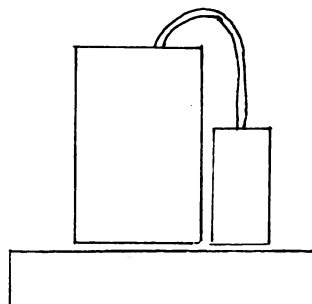
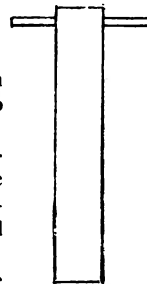
Dear GRs,

I used to live near Sydney where I had lots of **OXALIS** in my lawn. I made up a device to reduce the problem. You will need a piece of steel tube about four centimetres diameter, with a handle at one end as shown in the diagram.

You simply place the tube over the weed and twist it down about five centimetres, pull up the tube and the plug of earth in the tube should contain the roots and bulbs of the weed. Shake them out into a bucket of water or burn them.

Dina was asking about **DISTILLING EQUIPMENT**. I use one in winter when I have my fuel stove alight. It's simple enough, just a container (preferably stainless steel) which simply sits on the stove and boils away gently.

My other one is a solar still which is a copper tube about 10 centimetres diameter and about 90 centimetres long. It is painted with flat black paint and I leave it out in the sun.



You may be able to get this equipment from your local scrap metal dealer as I did. I hope you can find something that is useful to you.

For G & S Rouston: Let me tell you that I designed my house and built it alone in seven months. I chose a kit home (steel framed) and had it altered to turn it into a passive solar house. The temperature here outside is 32°C but inside the house it is only 24°C. In winter I get temperatures as low as -10°C outside and with the fuel stove alight the morning temperature inside is 15-18°C. If the fuel stove is not lit the temperature is usually 10-12°.

This is very easily achieved. If your outside walls are 1.7 to 2 metres high you will need to extend your eaves to 90 centimetres. Your house's longest wall should face north (the rooms that you use most). All the external walls should be insulated as well as the ceiling. A lot of writers say that you should not have any windows on the west side on the house, but, as my kitchen is on the western side and I have a slate floor, in winter the sun warms the kitchen floor and transfers it to the concrete slab.

Don Reynolds,
Lot 5 Green Gully Rd,
via MUDGEE 2850.

FEEDBACK LINK-UP FEEDBACK

Dear GR,

A suggestion to Charlene of Darwin (GR 118). Try Kambaya Native Plants, Noonamah, phone 8988-1572, for tropical **RAIN-FOREST TIMBER TREES**.

To Jan of Shortland (GR 118). **TAMARIND** occurs naturally along the coast here and grows to a huge size in good conditions. It tends to be drought resistant even in poorer sandy soils, growing extremely slowly and remains stunted under harsh conditions. Should be a good bonsai candidate, although probably needs lots of strong sunlight.

Alan Gardyne of Tuan (GR 118) omitted one important ingredient for tapping into the wonderful wealth of knowledge in the internet – a telephone, something not taken for granted in remote areas. Would that I had the several thousand dollars it would take to get (and keep) a satellite phone. So, in the meantime, I can only tap away into my little computer inexorably isolated from that fount of knowledge.

I can only agree with much of Robyn Jean's article (GR 118) on **SUPERPHOSPHATE**. Unless you can cycle a nuclear reactor through a compost heap, you will only have what you've got in it. It points to the advisability of getting a soil test done to know where a start has to be made. Chemical fertilisers can be a definite danger, nutrient deficiency also.

**Zig Madycki,
Korlobidahda, via MANINGRIDA 0822.**

Dear Readers,

I am looking for a copy of Bryce Courtenay's '**THE POWER OF ONE**', in hard cover. If anyone has a copy (hard cover) in good condition that they are willing to sell it would be greatly appreciated.

**Kim,
PO Box 242, EUROA 3666.
Ph: 0357-947-256.**

Dear Grass Roots,

I am currently living in the city and looking forward to the day when I can buy land and live a self-sufficient lifestyle. At the moment I'm enjoying life as a mother. I am also involved in many positive projects including the **REVEGETATION** of our local beach and trying to start up a city farm.

I am also interested in starting up an Illawarra **ORGANIC FOOD CO-OP**. I'm looking for people who are interested in becoming involved in the co-op. We need members, investors, ideas and advice. If anyone has some information on any of these topics I'd be happy to hear from you.

**Tanya Snubbles,
2/6-8 Yuruga St, AUSTINMER 2515.**

Dear GR,

I live on a sheep station with my boyfriend (who's a station hand) in outback NSW. The temperatures up here at the moment (March) average 40-45° on the verandah each day. I was wondering if anyone had any tips on gardening (vegies mainly) in such an **ARID CLIMATE**. We also have little water and I was wondering if I could put shower/washing machine water straight on vegetables. I would also like to hear from someone around my age (29) with similar interests: reading, writing, self-sufficiency, the outback and alternative lifestyle.

**Sarah Morrison,
Fairmount Station, via WILCANNIA 2836.**

You will find an article on re-using grey water in GR 117.

Dear GR Readers,

We live on our one hectare rainforest property at Cow Bay in the heart of the Daintree wilderness, about two hours drive north of Cairns. We love our lifestyle which embraces both the peace and solitude of the rainforest and work in town. It has been, however, a number of years since we have sampled and enjoyed big city cultural delights and we would enjoy a holiday of about three weeks in Sydney

next summer. We are therefore seeking responsible, housetrained, environmentalist GR readers who have a suitable residence in inner-city, eastern suburbs or inner north-shore Sydney who would like to experience the **DAINTREE** and would be happy to **EXCHANGE HOMES FOR A SHORT HOLIDAY**.

Our two-bedroom house is surrounded by forest and is a short walk to heavenly Cow Bay beach. Solitude, privacy, wildlife. Mod cons, easily-managed stand-alone solar power and water systems. We look forward to hearing from interested readers.

**David & Helen Cooper,
PO Box 1159, MOSSMAN 4873.
Ph: 070-989-081.**

Dear GR Readers,

We live in north Queensland and are seeking to **ACQUIRE SOME WILD AND INSPIRING LAND**. We live creatively and are home educating our seven year old daughter. We love space and wild places, but are aware that our child needs a nurturing social environment in which to grow. We are interested in making contacts/meeting people in north Queensland who have similar needs/interests or who wish to share information about their locality. Our number is 070-683-098. We can ring you back or give you our address.

Dear Fellow GRs,

I've been through all of the GR magazines that I have looking for info on **SOAP MAKING**, unfortunately to no avail. I'm sure I've seen articles on the subject in GR but have obviously loaned the copy that I need. Does anyone know of a good, simple, effective method of soap making or book on such? I'd be happy to pay postage for info.

To Frances Ross requiring info on **COMMUNAL LIVING AGREEMENTS** (GR 118): there is an informative article in GR 117, page 17. Also, to Renee Modra requiring info on alternative medicine for animals – I'm not sure if she's seen it or not but there's a correspondence course called 'The Green Vet', through Wican Home Studies, PO Box 138, Surry Hills, NSW 2010 (usually advertised in Grassifieds).

I'm also very interested in alternative cleaning and household products, including medicines (basic) and skin care and shampoos. If anybody is willing to part with recipes I'll gladly send SAE and postage required.

Lastly but most definitely not leastly, a super big 'thanks' to: Lisa & Ruedi Burgen of Shepparton, Denise of Viewbank, Ruth Killey of Bathurst and darling Nikela Stafford of Kings Plains for their valuable info on natural baby products. Sorry it took so long to reply, but on arriving home with new bub I wound up with a bout of dengue fever that has knocked me for an absolute six. . . sorry guys!

**Katie & Brendon,
6 Salmon Ave, Elmeo (via MACKAY) 4740.
Ph: 079-549-053.**

Soap making articles were in GRs 13, 14, 15 & 66-69 inclusive. More recently Marion Boetje gave instructions for making vegetable oil soaps in GR 100.

Dear GR,

Am interested in growing **EARTHWORMSON A COMMERCIAL BASIS**, but I have no information on how to get started. Can any readers give me some information on this or point me in the right direction as far as growing earthworms and ways of marketing them are concerned?

**K,
2/23 Matthew St, STANTHORPE 4380.**

Dear Megg & Mary,

I have been re-reading GR 45, October 1984. I came across the book news page, and a book by the name of '**SMALL SCALE PIG RAISING**', by Dirk Van Loon. Would any readers know where to get a copy of this book from?

**Joan Stammers.
Ph: 03-9745-2553.**

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

My husband, myself, and our geriatric dog, have been travelling around Australia for the last three years in our mobile home. We are now ready for a rest and are looking for a small property to house sit or caretake, duration flexible. We are not greatly experienced with livestock, but have plenty of experience with orcharding, vegetables, farmstay accommodation, carpentry, and general handyperson work. We will be in the Biggenden area of Queensland in June and can be contacted on 04-1965-1352. References available on request.

**Robin & Keith Keating,
30 Lowanna Way, ARMADALE 6112.**

Dear GR Folk & Friends,

We're about to embark on our third winter in a row (after 6 months in Germany), and I need help in **COMBATING ASTHMA** brought on by cold damp air. Our four year old is becoming chronic, but we're not keen on the drugs the doctors say he needs. My husband uses the Russian breathing technique, but Simeon is too young. Does anyone know of other treatments for asthma? In the meantime, we'll be using Intal as a preventative.

In the past, Andrew and I meditated twice a day – until we had children (now 2 and 4). Does anyone out there have any ideas on how to meditate with preschoolers around? We really miss it.

Finally, does anyone know of a noninvasive, frost hardy and maybe even fast growing, **BAMBOO** and a supplier. I'm aiming to grow long garden stakes.

**Liz Zylinski,
RMB 4715, NEWHAM 3442.**

Dear Readers,

Attention all LETS systems!

Please say hi! In order to maintain communications and **LINKS WITH OTHER SYSTEMS** (especially for the interchange of ideas to help avoid stagnation) we are wondering if you would provide (at least) contact details so that we can set up a database that would be accessible to all. We had previously joined the NSW Swalets group who were supposed to facilitate interaction amongst NSW systems, but they changed to Letslink and that's the last we have heard. Anyway, a database of this kind could well be in everyone's best interests, and we are interested in all of Australia – not just NSW.

**Lets – New England Tableland Inc. (Lets-Net Inc)
Post Office, East Armidale 2350.
Ph: 067-715-158.**

Dear Megg,

I'm writing to you in the hope that you can help us. My husband and I are in the process of buying a house in rural Queensland. The township is connected to a water supply that comes from a huge dam. The majority of the people in town have holding tanks that they fill and let settle. Our problem at this stage is we cannot afford to install a tank. All the water we have coming into our property (except a small rainwater tank) comes directly from this dam. The water is very smelly and dirty. What we would like to do, is build and install a **BIOLOGICAL FILTER SYSTEM**. I have tried our local library for books on the subject and they can't help me. If you could recommend a few books on the subject we would greatly appreciate it.

**Julie Roberts,
PO Box 1499, MT LARCOM 4695.
Ph/fax: 079-346-550.**

Dear Megg,

At present I'm working on a fairly major book tentatively entitled *The Search For An Australian Paradise* being all the various plans (which never got off the ground), the attempts (mostly which failed) to find Paradise/Edens/Shangri Las etc on our shores over a period of 400 years (there were quite a few crazy plans before 1788), and I need a bit of help in one sector.

There will be a fairly lengthy chapter on the more **ORGANISED COMMUNES AND CO-OP MOVEMENTS** which sprang out of the

alternative lifestyle movement of the 1960s, such as the Rosebud Experimental Commune at Kuranda, the Tuntabale Falls Land Co-op, the Urantia Commune started by Fred Robinson south of Perth, the Round the Bend Conservation Co-op of the Dandenong Ranges and the Teapot Kibbutz at Jacky's Marsh, Tasmania etc.

My problem is that while I have material on these and other ventures, it mainly dates back to the 1970s and I'm seeking updates as to which survives or which have fallen by the wayside. I know that back in the late 70s a John Lindbald was extensively researching this area but don't know whether his proposed book ever got off the ground. His name does not come up on computer files of authors.

**Bill Hornadge,
PO Box 1463, DUBBO 2830.**

Dear GR Readers,

At the moment I'm feeling very distressed and do not know which way to turn. My 17 year old beautiful son has **LARYNGAL PAPILLOMA**, which basically means clumps of wartlike growths in his airways. They have spread to his lungs. We've lost count of how many operations he's had. It's between 150 and 200 (each requiring a full general anaesthetic). Things have taken a dive for the worst and his specialist can't get to them anymore. Things are really quite desperate. His voice is a little croaky, but other than this he is very athletic – plays basketball, golf etc. Is there anyone out there who knows of this condition or has conquered it? He does a lot of positive thinking, but we really need some help. His specialist has in mind drugs relating to AIDs or chemotherapy-type agents.

**Kerry Ridley,
43 Reserve Rd, BASIN VIEW 2540.**

Dear GR Readers,

Quite a while ago I wrote to this column asking for help with a problem I had at that time. I received an enormous response and now I am asking again for help in another area. My new complaint (though I have had it for years) is called **IRRITABLE LEG SYNDROME**. I have a great deal of pain (or aching) in my legs, mostly when trying to rest at night, either sitting, trying to relax or when I am in bed supposedly trying to sleep! I cannot get to sleep for the constant ache and I find that walking the floor, in and out of the bedroom is the only way to get some relief. I walk most of the time when people are sleeping and find myself making cuppas in the early morning hours just for something to do. I would be much obliged if anyone can suggest anything to ease the pain and let me get some rest.

All the pain relievers I take don't seem to work and sleeping pills don't seem to work at all until it is time to get up in the morning!

**John Osborne,
25 Franklin St, BUNDABERG 4670.**

John, try consulting a naturopath. It could be that you are deficient in magnesium, but professional advice is called for to ensure any supplements are correctly balanced.



Dear Readers,

Apologies to all those who wrote to Wilma Flintstone for **GIANT GOURD SEEDS**. It seems, after GR kindly wrote to me, that all letters have been returned to writers. I made enquiries at the Toowoomba Mail Centre; apparently a new mail contractor now has the Geham area, and didn't know who Wilma Flintstone was. The old contractor did know who I was. I was not aware of the changeover. Please write again, and once again, apologies.

**Wilma Flintstone,
MS 582, Mt Luke Rd, GEHAM 4352.**

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

POULTRY CATCHING HOOK

by Alan Stewart, Alexandra Hills, QLD.

I found some offcuts of fencing wire (strong, heavy-duty type) dumped in the bush and knew they could be re-used in some way: plant stakes and axles for toys were the uses that came immediately to mind. In the end though, I made some poultry catching hooks using the wire rod as the hook with some timber scraps as handles.

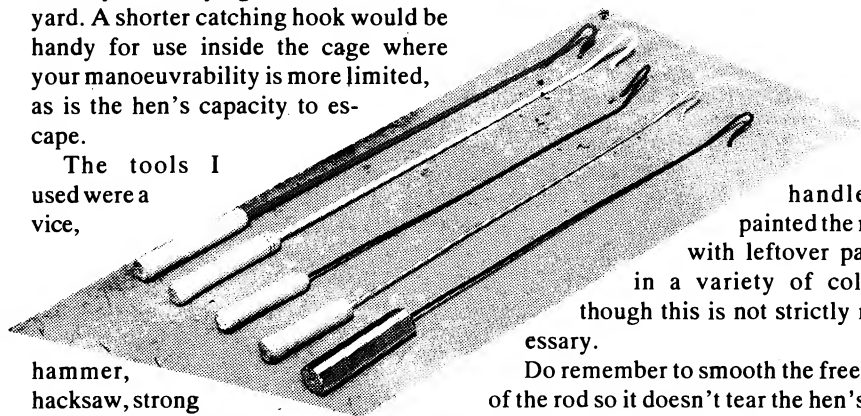
The handles were either turned to give a smooth round shape, or just had the square corners rounded off. About 25 centimetres is a good length for the handle. The hook should be about 75 centimetres long, making an overall length of approximately one metre for the whole gadget so you don't need to

get too close to the agitated feathery friend you are trying to catch out in the yard. A shorter catching hook would be handy for use inside the cage where your manoeuvrability is more limited, as is the hen's capacity to escape.

The tools I used were a vice,

hammer, hacksaw, strong pliers and handbrace.

The wire rod was glued into a hole bored down the centre of the wooden



handle. I painted the rods with leftover paints in a variety of colors, though this is not strictly necessary.

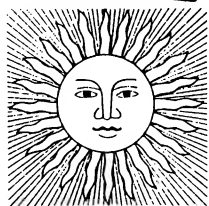
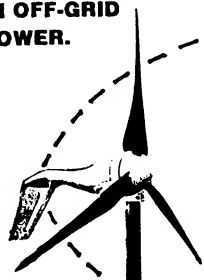
Do remember to smooth the free end of the rod so it doesn't tear the hen's leg when you are catching it.

Alternative Energy Solutions

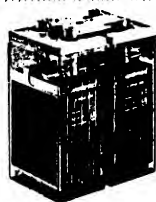
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KIDS PAGE

JIGSAW PUZZLES

Thanks to Sherryn Savage of WA for the idea

With a bit of help from parents or older brothers and sisters, young children can happily spend many rainy hours making and playing with jigsaw puzzles.

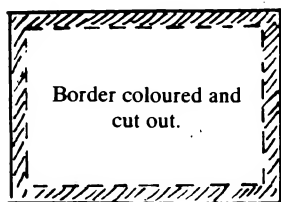
What You Need:

- 2 pieces of thick cardboard (whatever size you want the jigsaw to be)
- coloured pencils or textas
- scissors
- ruler
- pencil
- paste (clag)

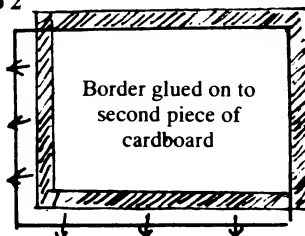
What To Do:

Take one piece of cardboard and, using a ruler and pencil, draw a border 1 cm wide, then cut it out. See Step 1. After colouring in the border, glue it onto the second piece of cardboard to form the base of the jigsaw. See Step 2.

Step 1



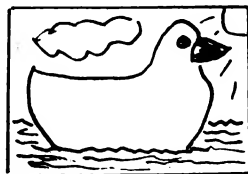
Step 2



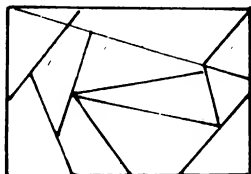
Using the remaining piece of cardboard (the one you cut the border from), draw a picture, filling completely with colour as in step 3.

Now it's time to turn your picture into a jigsaw. Turn the picture over and use your ruler and pencil to draw lines at random as in step 4.

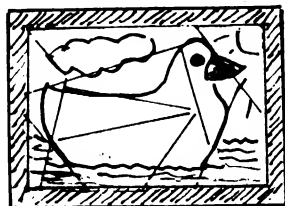
Step 3



Step 4



Step 5



Cut along the lines and shuffle the pieces. Now re-assemble the pieces within the frame.

Congratulations! You have made and completed your puzzle.

Completed jigsaw



BOOK REVIEW

PIDGE

by Krista Bell and Ann James

A young boy finds a pigeon that doesn't seem to know how to fly and so he takes it home to care for it. The boy and 'Pidge' become friends but eventually he understands that his bird would be happier to be free with other pigeons. It is with some sadness then that Pidge is set free.

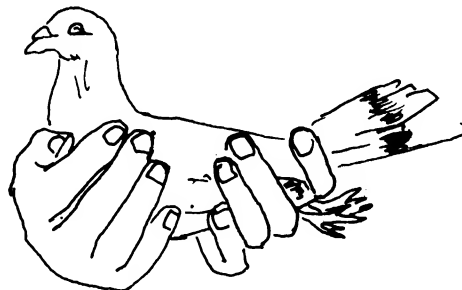
This beautifully illustrated picture book is a gentle lesson in caring and letting go for children.

Published by Allen & Unwin, RRP \$ 9.95.

SOME FACTS ABOUT PIGEONS

• Pigeons are different from other birds in the way they drink – they put *all* of their beak into the water and suck (kind of like a straw!).

• Never carry pigeons by the wings or legs because it might hurt them. Put their feet together and slide between the first and second fingers (see drawing). Use your thumb to keep the wing feathers secure. Put your other hand under the breast.



• Pigeons eat grains, especially corn, peas and beans. A little wheat is fine. They also need shellgrit and fresh water.

• When the female pigeon lays you can expect two eggs. Then she will sit on them and, provided they are fertile, squabs (baby pigeons) will hatch in 17 days.

• Squabs are fed 'pigeon milk' (regurgitated food) by the parents for the first 5-6 days.



SAVE THE KOALA DAY

Threats to koala populations are primarily human — we cut down their trees, we build our homes on their territory, our cars and domestic dogs kill them. On July 25 1997, the Australian Koala Foundation celebrates Save the Koala Day. Buy a *No Tree No Me* koala tattoo from your newsagent or pharmacy to help raise money for koala conservation.

For more information contact Ann Sharp 07-3229-7233.

WHILE THE BILLY BOILS

With the cold weather upon most of us again, it's time to try some new warming meals for the family. Most of our recipes this time are based on either seasonal produce, or what you might have stored from earlier in the year. If you have any family favourites you'd like to share, we'd love to receive a copy.

BEETROOT AND POTATO SOUP

- 1 onion, peeled and chopped
- 1 fennel root, chopped
- 2 potatoes, peeled and chopped
- 500 g raw beetroot, peeled & chopped
- 2 tbsp olive oil
- 1 litre boiling water
- 1 vegetable stock cube
- 1 tbsp cider vinegar
- plain yoghurt
- dill leaves, to garnish

Gently fry onion and fennel in oil till soft. Place all ingredients except yoghurt and dill in a saucepan. Bring to boil. Simmer gently for half an hour. Blend soup till smooth. Serve with a tablespoon of yoghurt swirled through each bowl (drop in centre and stir around once) and a light sprinkle of finely cut dill.

Grace Marchment, Geelong.

CURRIED CHEESE BALLS

- 500 g ricotta cheese
- 1/2 tsp curry powder
- 1 tbsp tomato chutney
- 1 tbsp sultanas
- 1 tbsp celery, finely chopped
- 2 basil leaves, finely cut
- 1 tsp plain yoghurt
- 1 tsp desiccated coconut

Mix well together the cheese, curry and chutney. Add remaining ingredients. Mix well, but not so as to crush sultanas. Roll into small balls. Roll in extra coconut if desired. Refrigerate till serving.

Also use mixture as a dip or sandwich spread with lots of mesclun lettuce.

Jill Sheevers, Ipswich.

EGGPLANT PROVENÇALE

- 2 tbsp olive oil
- 3 tomatoes
- 120 g mushrooms
- 225 g zucchini
- 1 lge eggplant
- 1 tsp vegetable salt
- 2 cloves garlic
- 1 tbsp chopped basil
- 1 green pepper
- 1 tbsp chopped parsley

Chop eggplant, zucchini, pepper and tomatoes into 2.5 cm cubes. Crush garlic.

Saute eggplant and garlic till tender and brown. Add all other ingredients, except parsley. Cook uncovered for 5 minutes. Serve with parsley sprinkled over.

Gayle Gower, Ogmoo.

HOME-STYLE BAKED BEANS

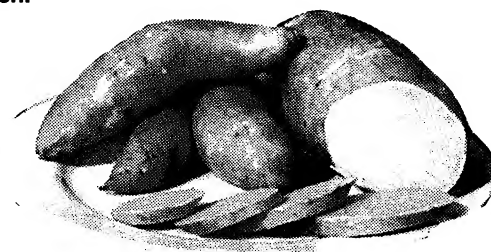
- 1 1/2 cups haricot beans
- 2 onions, chopped
- 2 cloves garlic
- 2 tbsp oil
- 1 x 425 g can whole tomatoes
- 1 tbsp tomato paste
- 1 tbsp dark soya sauce
- 1 tsp finely chopped basil
- 1/2 tsp marjoram
- 1/4 tsp thyme
- black pepper – to taste
- 2 1/2-3 cups hot water

Cook the beans and drain. Chop the onions into fairly large chunks and roughly crush and chop the garlic. Combine these in a medium-sized roasting pan or shallow casserole dish, and coat with the oil. Bake uncovered at 160°C for 30-40 minutes or until the onion browns, stirring occasionally.

In a blender or food processor, or with a potato masher (I use my hands), combine the whole tomatoes, tomato paste and all the flavourings.

Stir the cooked beans, tomato sauce seasonings and hot water into the onions and garlic, and bake, uncovered, at 160°C for a further 90 minutes, stirring occasionally. If at any time the mixture seems too thick, add more water.

Anonymous Reader.



TARO FISH CAKES

- 300 g can salmon or tuna
- 450 g taro
- 2 eggs, separated
- 1 tbsp chopped basil or parsley

- black pepper, to taste
- flour
- breadcrumbs

Peel, boil and mash taro. Beat in egg yolks and seasoning. Mix in fish and herb of choice. Form into flat cakes. Dust with seasoned flour. Brush with egg white. Press both sides of cakes in breadcrumbs. Fry in oil for about 8 minutes each side. Serve with a cheese sauce if desired.

Joe Steffanis, Cairns.

ORANGE APPLES

- 4 apples
- 50 g raw sugar
- 1 tsp cinnamon
- 300 ml orange juice
- brandy or port, optional

Peel, core and slice apples. Cook in sugar, cinnamon and orange juice till tender. If you like a more syrupy sauce, remove cooked apple with a slotted spoon and boil liquid rapidly to reduce to desired consistency. A dash of brandy or port can be added to the sauce if desired. The liquid (before reducing) would make a pleasant winter tipple.

Wendy Schreiber, Lismore.

GRASS ROOT DREAMS

- 1/2 cup butter
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 1 egg
- 1 cup flour
- 1 tsp baking powder
- 3/4 tsp vanilla essence
- 1/4 tsp salt
- 1/4 tsp baking soda
- 1/2 cup rolled oats
- 1 cup cornflakes
- 1/2 cup shredded coconut

Cream together butter and sugars, add egg, then vanilla, and mix until smooth. Sift together flour, baking powder, salt and baking soda. Add to sugar mixture. Stir in rolled oats, cornflakes, coconut. Dough will be stiff. Drop by teaspoonful on lightly greased cooking sheets. Bake at 180°C, for 12 to 15 minutes.

Lynette Gough, Maitland.

GRASS ROOTS SPREADS

Cooking styles and recipes go through nearly as many fashion fads as does clothing. To a large extent food fashions are media-driven and heavily influenced by the current television chefs showing us all how simple it is to feed our families their particular style of cuisine. (Ever notice how seldom you see any of the preparation and never any of the cleaning up which, in most households, would also be the lot of the 'chef'?) Another, and little-recognised, determinant of trends in the world of food, is how well a particular recipe or style of food photographs. It is difficult to present a mouth-watering photograph of a soup or stew, for example, or of the focus (eventually) of this article – spreads. Thus, certain foods seldom appear in the glossy new cookbooks and become less popular.

Health concerns also have a big influence on food fashion. Many of us choose to grow and purchase organic food whenever we can because of worries over possible chemical residues. People also worry about their weight, their hearts, their cholesterol, their arteries, their bones, and an extensive food industry has been developed to cater for these concerns.

A spate of food poisonings in recent months has caused increasing disquiet about the ever-growing take-away and pre-prepared food culture. Perhaps this will lead to more people deciding that it is worth the trouble to prepare more of the family's food within the home, where tight control can be kept on standards of cleanliness and food storage and choice of ingredients.

Now seems to be a good time for a revival of the once-popular homemade spreads and butters. How long since you tasted 'real' lemon or passionfruit butter? Are your taste buds saying 'too long'? Enjoy preparing and eating these recipes sent in by readers.

READERS' RECIPES

Peanut Butter

Remove skins from peanuts and roast on a shallow tray in a moderate oven till they are light brown. When cool, grind nuts finely in a metal grinder or process in a blender to the stage of smoothness you prefer. Add about a tablespoon of cold-pressed oil at end of processing.

Store covered in refrigerator and eat within a week.

Cashew Butter

This is only worth making if you have a cheap source of raw cashew nuts. It's sometimes possible to buy broken pieces. Process cashews until fine. Add cold-pressed oil to achieve a sticky smooth consistency. Use and store as for peanut butter.

Rosetta Berry, Park Orchards.

Honey Orange Spread

Clean orange skin well. Quarter orange and remove seeds. Process until fine. Add three cups of honey and process till smooth. Store sealed in refrigerator. Use within two weeks.

Glenn Tomkins, Berry.

Pineapple and Passion Fruit Butter

small can crushed pineapple
1/4 cup passion fruit pulp
3 eggs
1/3 cup sugar
60 g butter

Beat eggs. Roughly dice butter, place in microwave bowl with undrained pineapple and all other ingredients. Stir well to combine. Microwave on high setting for 5-5 1/2 minutes, with several stops to stir mixture. As mixture begins to set on outside of bowl, stir to bring outside to centre. When thick, seal in warm sterilised jars.

Grape Butter

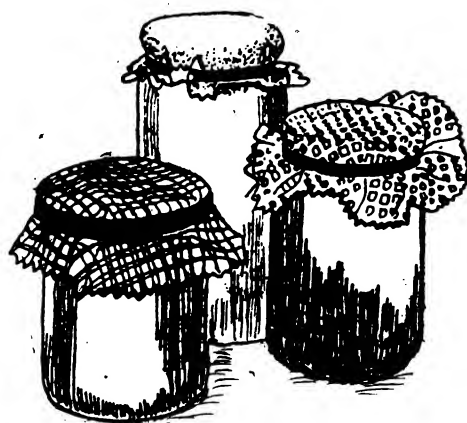
1 kg grapes
500 g sugar
250 ml water

Optional:

cinnamon
cloves
1/2 cup finely chopped nuts

Dark grapes make the best butter but light can be used. Wash grapes and remove stalks. Place in a pan and crush with your hands to hasten cooking time. Add water and simmer till grapes are quite soft. Remove from heat and rub through a sieve, taking care not to crush seeds or allow them to pass through into pulp. Return to saucepan and add sugar. Stir frequently over medium heat as it is apt to stick and burn. When thick, pack into small sterilised jars and seal immediately.

Options: A level dessertspoon of cinnamon and six cloves tied in muslin may



be added to recipe. Remove cloves at end of cooking.

Finely chopped nuts can be added when pulp is returned to saucepan and sugar added.

Lemon Cheese

juice of 2 lemons
100 g butter
100 g sugar
2 egg yolks, well beaten
pinch of salt

Place all ingredients in a double saucepan and cook gently, stirring constantly till mixture thickens. Bottle at once in hot sterilised jars and seal.

Passion Fruit Butter

60 g butter
pulp of 8 large passion fruit
500 g sugar
3 eggs
4 tbsp lemon juice
4 tbsp water

Cream butter and sugar. Add well beaten eggs, then water, juice and pulp. Place in double boiler and cook gently, stirring constantly, until thick. Bottle in hot sterilised jars and seal.

Colin Franklin, Alexandra.

Date and Apricot Spread

1 cup dried apricots
1 cup dates, pitted
1 cup unsweetened, crushed pineapple honey, to taste, optional

Drain pineapple. Combine apricots and dates in a saucepan with enough juice (perhaps from the pineapple) and/or water to cover. Simmer till soft. Blend till smooth. Mix in pineapple and honey to taste. Store in clean jars in refrigerator. Best made in small quantities and eaten quickly as it does not keep long.

C Witt, Bundaberg.

WINTER PRESERVES

by Margaret Clark, Nagambie, Vic.

Does your grassroots thriftiness make you cringe at the idea of throwing those spent tomato and zucchini plants in the compost, along with the last of their produce? What can you do with the remnants of green tomatoes when the kids have eaten their fill of even the ripe ones and you'll never use all the chutney left from last year? Or with the ubiquitous zucchinis that even the pig is turning its nose up at by this stage? Well, if you can't quite bring yourself to feeding the compost worms with them, try these simple and delicious preserves. Your thrifty self will be satisfied and your fussy family will be gratified at the winter 'treats' you had the foresight to store away.

PICKLED GREEN TINY TOMATOES

There is a quick, easy and delicious way of using all those green Tom Thumbs left hanging on the dejected remnants of the bushes. This makes a great snack

with cheese and biscuits or as part of an antipasta.

green tiny tomatoes

1/2 lt vinegar

1 cup sugar

1 pack pickling spices

Wash tomatoes, cut them in half and place in sterilised jars. Boil other ingredients. Pour over tomatoes and leave six weeks before using.

ZUCCHINI, LEMON & GINGER JAM

2 kg zucchini, peeled & cut

1/2 kg sugar

Leave together in saucepan overnight.

Add:

5 lemons – remove rind and pith and cut into 4

lemon rind – finely sliced


2 tbsp crushed ginger

1 1/2 kg sugar

Bring to boil and cook rapidly until it gels, watching very carefully. Bottle in sterilised jars whilst still hot.



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garden and, at the same time, incorporating compost or mulch. The Mantis has a warranty of two years and the tines have a lifetime guarantee against breakage. Recommended retail price is \$690. Also available is a range of other attachments such as a planter-furrower and border-edger.

Robert & Margaret Herbst
Romsey Country Gardener, Ph/fax 03-5429-5339

CROCHET

FOR THE TEN-THUMBED FIST

by Pam Cole, Tuncurry, Qld.

My mother and aunts fashioned the daintiest fragile edgings and doilies, lace gloves and duchesse sets, table mats and tea cloths, using fine steel crochet hooks and wispy thread. My mother-in-law still concocts hundreds of items each year in that same way – a large suitcaseful to be displayed and admired at every Christmas visit, the most delicate lacy things – and she's over 80!

One of my grandmothers crocheted and tatted, but the other grandmother did *The Other Kind of Crochet* – cheerful coathangers, slippers and tea cosies of brightly coloured fine wool, real Church-bazaar type of stuff. Indeed, for many years during the 1940s and 50s, she supplemented her meagre pension by selling six tea cosies per week.

It was a rush to fit this into her hard-working week and many a time we kids were called upon to make a last-minute delivery. 'Now, you ruffscallions,' she'd say in her slightly Irish voice with its odd twists to known words. 'Get this down to the Baby Gift Shop, and tell Mrs Whatsaname pastels this time please.' Or, 'Quick sticks, be off with you... and say I'd like autumn colours this week please,' as she handed a small brown schoolcase of her tea cosies to us, and gave us a shove to get us going.

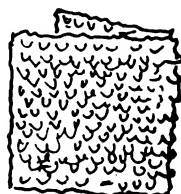
We took a shortcut across the vacant paddocks with their long grass and occasional cow, giggling at Grandma's latest creations and trying them on as hats. She made up her own designs and some seemed truly hideous to our eyes, but they sold like hot cakes. Many of what we thought the worst colour combinations had been ordered specifically by some little old lady and paid for in advance.

Crossing the railway line, all smoke and cokey from the afternoon train, we'd be gripped by panic – still two blocks to the main street! We'd be late and let dear old Grandma down; so we'd run the rest of the way. Arriving breathless and dishevelled, we'd gasp out to

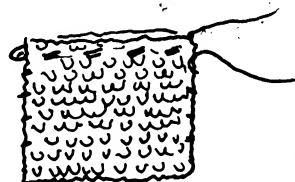
the Baby Shop Lady, 'Mrs Ritchie's tea cosies... and some pastels, please'. The cosies were whisked into the glass display case, some coins and this week's consignment of wool packed into Grandma's port, while we regained our breath, gawking around us at the handmade

bonnets, booties and nicknacks filling the shop. Then home we'd go, laden with skeins of wool in the requested autumn tones or citrus colours or varied blues, for Grandma's knobby hands and out-of-focus glasses to cope with.

Determined to become moneymak-



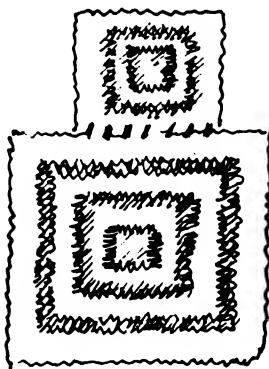
Two squares stitched at sides...



gathered at top...



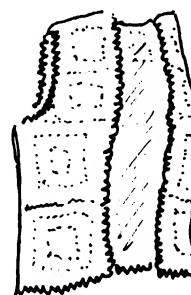
plus pom-pom, make a cap.



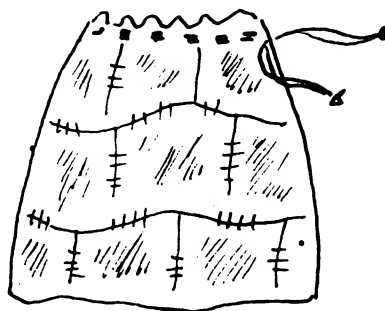
One small one large... vest back.



Three tiny
Two small... vest front.



Joined up, then you blanket stitch or crochet around edges.



Join squares and gather top... a skirt of any length.



Two tiny squares, one big one, for back and front of a sleeveless top.

ers too, we'd beg Grandma to show us how to crochet. 'Easy,' she'd chuckle, 'just watch!'. Zip-zap-zoom went fingers and crochet hook, so fast it was impossible to see the steps. It remained incomprehensible to me. Though my sister learned fast and became adept at the fine lacy stuff, anything in that line defeated me. All holes, tangles and fury, that was my style!

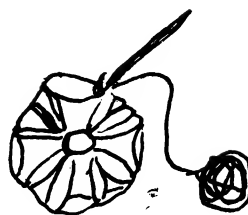
But 20 years later, with a family to clothe and Carnaby Street modes and Flower Child fashions all the go, I was motivated to attempt a simple granny square in wool with a fat crochet hook. Aha, magnified like that, all those loops and twirls began to make sense. At last my fumble-fists got the hang of it. Mind you, my skills never progressed beyond that simple square, despite the passage of another 20 years! But I did find it was interesting and easy to make lots of things from the humble granny square. Yes, you can sew lots together to make a rug. You can simply keep on and on at one square till it's rug size. You can sew two together to make a bag, or cushion cover. . . those are all pretty obvious. The ideas on the previous page, however, may be handy for those with wool scraps and a family to dress. Use unravelled yarn from warm jumpers or op shop finds.

Because of the making of each square from the centre outwards, it's simple to

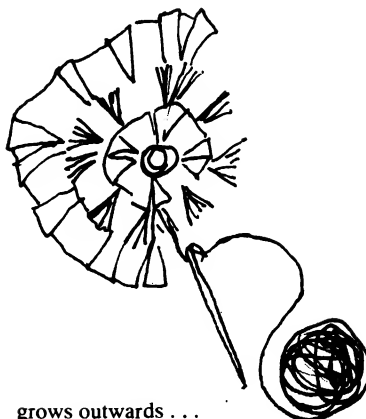
The Adaptable Granny Square



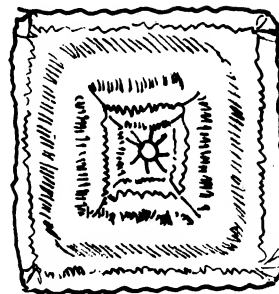
Each granny square. . .



starts with a ring . . .



grows outwards . . .



and stops whenever it's big enough.

get sizes: just hold it against the chosen 'victim' and do another round or two if needed! There is a method of crocheting squares together, far beyond my scope: simply oversee the seams and they'll be great. When assembled, the garment

can be finished with a row of crochet around edges.

You will find this story and many other of Pam Cole's nostalgic reminiscences in a book entitled *Cottonwool Sandwiches*, to be released by Kangaroo Press later this year.

NEW HEALTHCARE GROUP

With an ever-growing number of Australians paying personally for natural therapies, rather than accepting Medicare funded drug-based medicine, whilst still paying their Medicare levy, it was only a matter of time before these consumers called for a 'fair go'!

A group of consumers, disenchanted with the inequalities of the current

unrepresentative healthcare system, have launched the Australian Healthcare Consumers Association (AHCA) to address this discrimination, advocating equal and informed healthcare choices for all Australians, including:

- Equal Medicare funding for the practitioners of your choice.

- Equal funding for equivalent medications
- Equal access in hospitals to *your* healthcare choice.
- Access to *all* vital healthcare information.

For more details and membership application, contact: AHCA, PO Box 2310, PORT MACQUARIE 2444.

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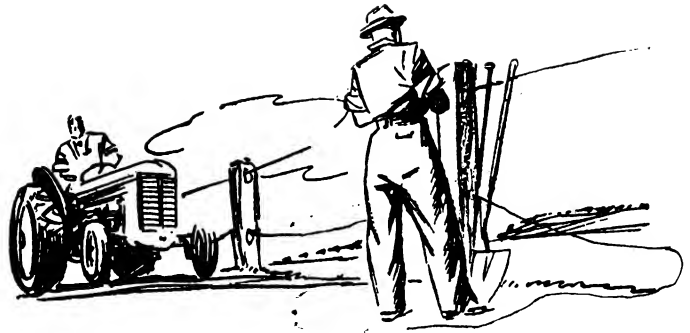
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REMOVING AN OLD FENCE

By Tony Haines, Rivett, ACT.



Before replacing a fence all old materials will have to come out. Start with taking the mesh off, cut all the ties off the mesh, pull it out of the ground and roll it up as small as you can. If you have managed to pull out the netting without doing too much damage it can be re-used for a fence around a vegie patch, mobile chook run, tree guards, trellis for climbing plants and vegies. You can even use it for reinforcing concrete paths, but not for anything that needs structural strength. There is always a use for wire netting around a property.

REMOVING NETTING

It will be practically impossible to remove wire netting without damaging it if it is covered thickly with weeds and the ground is hard. If it doesn't want to come out, try it in winter, if you can wait that long, as the ground will be softer and the weeds will not be as vigorous. The only way to pull netting up without doing too much damage is to do it by hand. Wear gloves and bend down keeping your back straight and your knees bent. Put your fingers in the holes as close to the ground as you can get them. Pull up and out and to make it easier you could also either dig the netting up or break the ground up with a mattock. But that shouldn't be necessary if the netting is coming out without any trouble. Remember to cut all the ties off the netting first.

If the ground is too hard to pull the netting up, or to dig it up, pull it out with a vehicle. Pull a bit of netting up and tie a chain or some wire around the netting and around the towbar or similar. Make sure that you drive back along the fence, to have a better chance of saving the netting. If you pull the other way the netting will only stretch and tear, but pulling the netting out with a vehicle will in most cases stretch the netting until it shrinks to as small as 13 cm wide, making it all but useless.

Cut the wires at the strainer posts and cut all the joins out. It is a good idea to only cut one wire at a time as this will prevent them all from becoming tangled and you from becoming confused. Grab the wire with your pliers, fold a bit of the wire down the handle so you can hold it to stop it from slipping through the pliers. Walk the wires out through the holes in the pickets, don't walk the wire right out as it could coil up and become tangled. Walk ten or so metres and roll it up in a big roll. Start the roll by coiling the wire once at waist height and wrap the short end around the coil to hold it in place, then bend the short piece over in the opposite direction so when you start to roll the wire the short end won't stab you in the hand. Then walk the coil back towards the wire effectively rolling the wire up. Only have coil as big as you can handle it, then cut the wire and start again.

PULLING OUT PICKETS

To pull the pickets out, place the picket puller (see article in GR 119) at the base of the picket. The ground will not have to be overly level as the pressure will soon level it out. Lift the handle up and put it on your shoulder to give the chain enough length, put the jaw (for lack of a better word) over the top of the picket and push the jaw down as far as the chain will go then lean on the handle. You will be surprised at how much easier this machine is than the bought ones. As the picket comes up the jaw will slip down, or it might need to be pushed down, then pump the handle again and the picket will pop out.

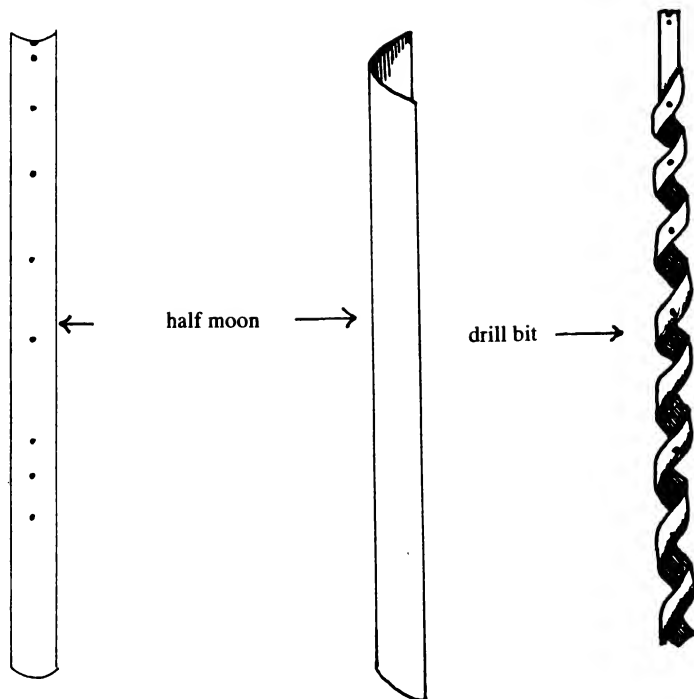
Not all pickets are star-shaped (or should that be peace-shaped?). The fore-runners to today's pickets were various forms of curved shapes; we called them 'half-moon' pickets, each a slight variation on the theme. There were spiral shaped pickets which we called 'drill bit' pickets. There were also star pick-

ets that are a bit wider and thicker than today's pickets. If you have these you can make up a jaw to fit the puller. The drill bit pickets need a big wrench or adjustable spanner and they are twisted out. The half-moon and the drill bit pickets are very good pickets to put into a house fence as they are different and in my opinion they look better (see diagram). To my knowledge these types of pickets are fairly rare, the most common being the bigger star picket, the rarest being the drill bit pickets.

OUT COME THE POSTS

The next to come out will be the strainer posts and the split posts. These can either be dug out or pulled out, or even a happy medium of half digging and then pulling them out, which I think is the best way, unless you have a front end loader, or the post is already loose. To pull them out it is possible to use the picket puller as long as it was made with appropriate size steel pipe. First dig half of the post out then give it a hit with a sledge hammer or a crowbar to knock the clay off and to loosen the post a bit more. Then tie either chain or wire around the post or around the jaw or chain on the puller. Then pull down on the handle. When it is up, hit the point of the crowbar into the post so it sticks, then lean the bar on the edge or bank of the hole, holding the post up, and push the chain or wire down the post for another grip and repeat until the post is out of the ground. Now go along the line and clean up. Remove any clumps of grass that are in the way, remove any saplings that are on or close to the fence-line, as they will grow into adult trees and will grow into the fence, breaking the wires and damaging themselves to the point of having to be cut down anyway. Clear any scrub that is on the line. There should be enough room on either side of the fence to drive a vehicle; it would be better to have enough room to

Diagram 9: Old Pickets



drive a truck on either side in case of bushfire.

A tip for when you are working with wire and fences is to cut off the end of a drinking bottle – a two-litre soft drink

bottle is perfect. Put two cuts in the top, open end of bottle. Then a belt or rope is threaded through the two cuts and tied to your waist. This is used to put all the wire offcuts in so the animals won't step

on them or eat them. It is a good idea and worth doing, if not for your animals then for the birds, especially emus.

There are so many beautiful old fences out there that it would be a shame to see them all pulled down and replaced when there is a chance that some of them could be repaired to conserve that old-world charm of days gone by. But it is not only this romantic view that should prompt you to consider repairing a fence. Repairing is a very cost effective alternative compared with the heavy cost of replacing old with new. With today's mind-set of recycling everything that is possible, why should fences be any different. First though, you must put aside the romanticism and evaluate the overall condition of the fence to see whether or not it can be satisfactorily repaired or if it will have to be replaced. In most cases all of the fence can be recycled, in some form or another, making good use of a valuable resource.



SEED COLLECTING

As a rule, seed is best collected when it has darkened in colour and before it drops from the plant.



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BIODYNAMICS: BRIX TESTING

by Stephen Carroll, Peelwood, NSW.

Many of us grow our own food because we think it's more nutritious, but is it? This simple new testing method will enable you to determine if you need to work on soil improvement.

In this article I thought I would bring you something a little controversial in the world of biodynamics: Brix testing.

When you read BD literature it will tell you that biodynamically grown produce has a better taste, longer keeping properties, and, when still on the plant, more resistance to disease and predation. When eventually you begin to grow your own crops you notice all these qualities too. But what is it that imparts all these wonderful properties? BD producers (both farm and home garden) will tell you about the preparations (see GRs 116 & 117), the vital forces that are concentrated in the plant and are then passed on to us. We, in fact, have a highly developed testing mechanism already, our taste buds. We know when something is ripe or not. We discuss, sometimes endlessly, that 'vegies don't taste the same as they used to!'. But this is always after the produce has been harvested. What if we could do this before harvest so we would be able to gauge the health of the produce before we pick or eat it? With the Brix test we can.

So, what is Brix? The name is taken from the scientist who first discovered this method. A tool, called a refractometer, is used to carry out the test. The current price from an Australian supplier for the one I use (Model Issco SR-2) is \$149 plus tax, postage and handling. It's well worth the money and one refractometer can be shared around several growers.

Brix is a measurement of total dissolved solids (amino acids, vitamins, minerals and sugars). A small amount of plant juice is squeezed onto the refractometer and a reading is then viewed by looking through the eyepiece and reading off a scale. The scale is calibrated to read pure water as zero. Therefore any 'extras' will change the reading.

As you grow your plants in more fertile soil you will get a higher Brix reading and a corresponding better taste. A low reading will mean you need to assist the plant in some way. From a BD point of view that may mean adding more compost or using BD 500 or a

BRIX CHART (total dissolved solids)				
Produce	Brix Reading			
	Poor	Average	Good	Excellent
alfalfa	4	8	16	22
asparagus	2	4	6	12
beet	6	8	10	12
broccoli	6	8	10	12
cabbage	6	8	10	12
carrot	4	6	12	18
cauliflower	4	6	8	12
celery	4	6	10	12
corn, stalk	4	8	14	20
corn, sweet	6	10	18	24
corn, young	6	10	18	24
cumquat	4	6	8	12
eggplant	4	6	8	12
endive	4	6	8	12
escarole	4	6	8	12
garlic	6	10	14	16
grains	6	10	14	18
green bean	4	6	8	14
kohlrabi	6	8	10	12
lettuce	4	6	8	12
onion	4	6	8	13
parsley	4	6	8	12
pea, blackeye	4	6	10	12
pea, English	8	10	12	14
peanut	4	6	8	12
peppers	4	6	8	12
potato, sweet	6	8	10	14
romaine	4	6	8	12
rutabagas	4	6	10	12
sorghum	6	10	22	30
squash	6	8	12	14
tomato	4	6	8	12
turnip	4	6	8	12

combination of other 'preps'. You will also see that the high Brix produce has less disease and predator attack and over all the plant is much healthier. This quick test enables you to monitor the health of the plants you have invested so much time on.

So, an example of a Brix reading would be a tomato from your supermarket which may have a Brix of 3 and be watery and tasteless. A tomato grown in good conditions would have a Brix of 13 with a great taste and keeping properties. There are known Brix levels for

most produce.

But remember, once you harvest your crop no further Brix improvement can occur. Brix is not correlated to ripeness. A low Brix fruit cannot ripen into a high Brix fruit once detached. Avoid fruit that is not ripened on the plant. You need to test the plant at different stages, extracting the test liquid from a leaf or other, nondamaging place. If the reading is okay then carry on doing what you are doing; if low then add soil improvers or plant feeds, then retest in a couple of days. Of course, bug attack

BRIX CHART (total dissolved solids)

Fruit	Brix Reading			
	Poor	Average	Good	Excellent
apple	6	10	14	18
avocado	4	6	8	12
banana	8	10	12	16
blackberry	6	8	12	14
blueberry	6	8	12	14
cantaloupe	8	12	14	16
casaba melon	8	10	12	14
cherry, sweet	6	8	14	16
coconut	8	10	12	14
grapefruit	6	10	14	18
grape	8	12	16	20
honeydew	8	10	12	14
lemon	4	6	8	12
lime	4	6	10	12
mango	4	6	10	14
orange	6	10	16	20
pawpaw	6	10	18	22
peach	6	10	14	18
pear	6	10	12	14
pineapple	12	14	20	22
raspberry	6	8	12	14
watermelon	8	12	14	16

will indicate a low Brix.

In the Brix chart the numbers indicate poor, average, good and excellent Brix levels. I define 'poor' as being the lowest Brix at which a plant can remain alive. 'Average' is the quality normally available commercially. 'Good' indicates that point where the grower can expect either higher yields or general immunity to disease and insect attack. 'Excellent' is the point where the grower should achieve both high yields and general immunity. Excellent is not the maximum Brix reading. Growers can exceed the readings given in the chart.

Supplier

Refractometers are available from:
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Contact

John Bradshaw, Biodynamic Farmers & Gardeners Association, PO Box 54, Bellingen 2454. Ph: 066-550-404.

Thanks

I thank Rex Harrill for assistance with this article.

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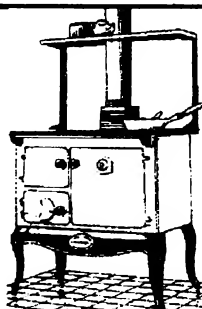
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MISTAKEN IDENTITY

by Paula Kerslake, Mangrove Mt, NSW.

A very common error made by lots of people is the incorrect identification of the herb called dandelion (*Taraxacum officinale*). Most people confuse it with the common weed called flatweed or cats' ears and I readily admit it is an easy assumption to make.

In the article Herbs for Horses in GR 117, I pointed out that both plants are similar, and in Feedback, GR 119, Caroline gave good information, but unfortunately the wrong culprit. I thank Caroline, for it appears the question of identification needs to be answered.

FLATWEED

Let's start with the bad guy. In some areas they are more easily seen than the hero. There are three species of flatweed in Australia; they are native to Europe and North Africa. The most common are *Hypochoeris glabra* and *Hypochoeris radicata*.

Hypochoeris glabra is an annual plant with leaves occurring in a basal rosette. The leaves are glabrous (shiny without hairs), though they can have short rigid marginal hairs. The leaf shape is lanceolate (narrow and tapering to a point at each end), with the margin lobed or bluntly toothed. The leaf is usually less than five centimetres long.

Hypochoeris radicata is a perennial plant with the leaves occurring in the same basal rosette. The leaf shape and margin are similar, however, they are obviously covered in stiff hairs on upper and lower surfaces with the leaves growing longer than five centimetres.

The flowers of both plants are daisy-like and bright yellow. The flower stems are erect, slender, range from five centimetres to twenty centimetres in height and more often than not are branched. Both have taproots.

There are more subtle differences between the two species such as flower composition and seed shape. Both are found in all states and grow in full sun.

Flatweeds in themselves are not poisonous. However, they do accumulate nitrates which can convert to nitrites on consumption or before, due to weather or herbicide treatment. A high level of nitrates in a plant can deplete magnesi-

um. A severe lack of magnesium can cause stringhalt, grass tetany, lactation tetany, mastitis, arthritis, founder and warts. Magnesium is needed for the health of the musculo-skeletal system, nervous system and many enzymes in the body. If, for instance, flatweed is consumed in large amounts the nitrates present block the absorption and cause the depletion of magnesium. Over a short period the gut enzymes fail to work properly and the only slightly toxic nitrates are turned into highly toxic nitrites which cause blood haemoglobin to convert to compounds which damage the liver and cause tissue asphyxiation. Capeweed (*Arctotheca calendula*) and St Mary's thistle (*Silybum marianum*) are also culprits of this syndrome. Effective treatment is vitamin C and magnesium therapy. Raising the levels of other vitamins and iodine is also recommended.

DANDELION

Okay, enough of the heavy stuff, let's talk dandelion. The dandelion is an unrelated plant though it does belong to the same Asteraceae family. It too has a taproot, forms a basal rosette and has a bright yellow daisy-like flower. There the similarity ends. The leaves are lanceolate with a deeply toothed margin, the triangular lobes (leaf divisions) pointing backwards. On the whole the leaves are thinner and more delicate than those of flatweed. Single flowers terminate a leafless, hollow stem which exudes a milky sap when cut. It grows in part shade, but will tolerate full sun if the soil is damp. It originated in Europe and Central Asia.

The dandelion's chief uses in herbal medicine are as a digestive, liver tonic and diuretic. The leaves contain a high amount of potassium and a vitamin A content greater than carrots as well as a variety of minerals and trace elements. For a greater understanding of the therapeutic use of dandelion please consult a herbal. The dandelion is classed as a safe herb and I cannot find any mention of it in any poisonous plants listings. The worst was a report of it allegedly causing hay fever.

Dandelion



Flatweed



CORRECT IDENTIFICATION

I believe it is the responsibility of all animal owners to examine their pastures and houseyards, to identify correctly the plants within (remembering that not all grasses are innocent), and remove hazardous plants or take measures to ensure they are not a problem.

This is not the only example of mistaken identity. For help in identifying a plant you can try the reference section in your local library, the local council's weeds officer, the district agronomist at the Department of Agriculture (they also have a library), or even the herbarium at your nearest botanical garden as they have a sample of every plant growing in your state.

References

Natural Horse Care, Pat Coleby.

Potters New Cyclopaedia, R C Wren.

Veterinary Notes for Horse Owners, Cpt M Horace Hayes.

Field Guide to Weeds in Australia, Lamp & Collet.

Weeds, Auld & Medd.

Poisonous Plants of Australia, Selwyn L Everist.



DANDELION OR FLATWEED?

by Pat Coleby, Maldon, Vic.

My information comes from *Mrs Grieve's Herbal*. Unfortunately, she is under the impression that dandelion is unknown in the southern hemisphere. Not so, but it is rare as our soils are generally too poor for it. This is one of the most beneficial plants of the herbal family, which only grows in really good ground. It has an almost black taproot, which, like the stalk, is milky inside. The flower and the leaves grow from the top of the root. The stalk is soft and hollow, so that it could be used as a drinking straw. The serrated leaves which grow outwards and upwards give the plant its name: lion's teeth (*dent du lion*) and are great in salads. The flower has bright yellow petals which grow thickly, and, when dead, produce the

familiar 'clock' which children used to blow and count the time from. Flowers and leaves grow about the same length.

Cats' ear, or flatweed, often wrongly called dandelion, has a rosette of flat leaves, from which grows a long slender solid stalk with a smallish yellow flower having a centre surrounded by one band of yellow petals, about half the length of those of the real dandelion. Flatweed, like capeweed, grows on magnesium-deficient tired and degraded soils. Both weeds cause a magnesium deficiency, which results indirectly in stringhalt, by inhibiting the muscle enzymes. All enzymes depend on adequate magnesium. Both plants can also cause blindness which seems to be irreversible. Stringhalt is curable.

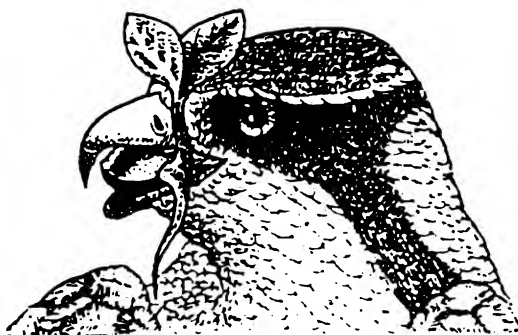
LACEWINGS IN THE GARDEN

Lacewings are welcome in the garden. The female lays around 300 eggs and each developing larva eats between 1000 and 10,000 aphids in its lifetime. You can encourage lacewings by providing artificial hibernation sites. A simple refuge

can be made by cutting the base off a large one or two-litre plastic bottle. Cut a piece of corrugated cardboard about 80-100 centimetres long to fit the height of the bottle, roll it up and put inside. A piece of thin wire pushed through both sides of

the base will keep the cardboard in place. Leave the lid on the bottle. Hang the bottle from branches of trees, shrubs, hedges or against fences at the level of maximum foliage. Place it there in autumn for lacewing winter hibernation.

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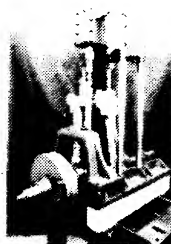
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FURNITURE FROM RECYCLED TIMBER

PART ONE

Obtaining and Storing Your Wood

by Ken Cooper, Murrurundi, NSW.

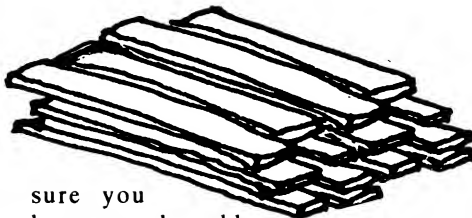
In spite of some articles in the trendy magazines, this game is no shortcut to riches. If you have a genuine love of fiddling with wood and an ability to do so, have a good source of supply, transport that isn't too expensive, and a ready market, you may make a bare living. If you have all of the above, and let yourself be used by the smarties, you'll soon be bankrupt.

It's a bit hard to specify what tools you need, but generally, pretty basic hand tools are the best to start off. The reason for that is nails. Just when you think you have removed them all, your tools will find a broken-off hidden one. Your nice electric planer, sizer or table saw will just be another ornament when it tries to go through a nail. If you can sharpen your handsaws yourself you are not out of business, and much less out of pocket. A notable exception would be a heavy-duty sander, normally it will just grind the nails down and make them shiny and easily spotted. Sanding belts are a lot cheaper than planer blades and more easily available.

Scraping off paint with a heat gun and scraper, then finishing with a coarse sander, is a fairly safe way to start renovating your wood and bringing it back to a useful life. Acrylic generally simply floats off, old oil paint bubbles and boils and rolls up ahead of the scraper. I find bad paint comes off best with the coarse sander. You will need a dust bag and a mask when removing paints you suspect could contain lead.

COLLECTING TIMBER

The older towns and cities have a constant supply of buildings being replaced, so demolition yards and second-hand timber yards are thick on the ground, but so are the customers for their wares. If you can locate a good yard and strike a bargain with the management they will be happy to let you know when what you need comes in, if you can collect it quickly and pay cash. A good yard will be a little generous, to make



sure you have enough usable wood, so there will be little bits to put away for future projects.

If you collect the wood yourself, look for any oddments of good useful wood going cheap. It may be unpopular because of thick paint, or maybe a crack. Clean cracks can be successfully glued. This is the stuff you put aside and let build up, to be matched with other oddments as they come in. The phone books and the *Trading Posts* are good hunting grounds. Plantation pine or oregon is very easy to come by and a clever use of stain and oils will make it most attractive. There are many types of stains.

In the country, old homesteads being renovated or demolished are a good bet. Maybe you can offer to carry the rubbish away. Rubbish tips are another plus. There is even the odd dead tree that can be salvaged and milled. I know of one kilometre of hoop pine driveway that died of old age, with almost solid trees a metre thick at the butt. A lot of mills are wary of them, because of old spikes, bullets, and, worst of all, porcelain telephone 'cups' (insulators) that may be imbedded beneath the bark.

STORING TIMBER

When you get your future furniture home, the first thing to do is to remove all the nasties from it: nails, screws, locks and all other 'jewellery'. Most of these are pretty straightforward. Some screws may need a bump to get them moving, by putting the screwdriver into the slot and giving the end of the handle a sharp blow with a mallet. Most nails will drive out from the sharp end. Long nails can often be cut off closer to the back of the board. This reduces the chance of them bending and there is that

much less to drag through the timber with the claw hammer or jemmy. If the nail is actually broken off inside the board, a nail punch will start it off enough to allow you to claw the head. A pair of pincers will usually lever out the headless ones.

I recently bought some lovely soft pine (30mm x 160mm x 3 metres) which had obviously been jemmed from a very big packing case. Unfortunately, the levering had dragged the broad, flat-headed nails into the wood to a depth of 15 millimetres and when I drove the first nail out, the head tore a large chunk out of the wood. The only way I could handle this was to cut the nails off as close as possible to the board, sand the side of the board and grind the residue of nail down level, then countersink the nail down to just under the surface, then sand and fill the holes on the head side. You can bet I was very careful with the tools when I cut the boards to length. They were to be used for slats for a wooden bed and came out well. I pity the next user.

Most of the cypress I buy goes into outdoor furniture, so after cleaning it I give it a liberal coat of linseed oil and turps to stop it becoming drier and brittle. During storage the oil is carried to the surface by the turps.

I am lucky enough to have a big shed made with ironbark telephone poles, so I could drive pieces of 19 mm ($\frac{3}{4}$ ") galvanised pipe about 40 cm (16") long into 25 mm (1") holes 40 - 50 mm (1.5-2") deep bored into the posts at a slight upward-tilting angle. I stack the longer pieces of timber, such as tongue and groove wall panelling (for backs of cupboards), along these spikes. If you put the spikes in about 400 mm (16") apart, from 1.5m (5') above the floor, an amazing amount of wood can be stored out of the way. This still leaves room to work on a bench along the wall. It also makes it easier to spot any white ant activity.

Small amounts of wood stacked in a corner of a garage are better leant at an

angle against the wall. If you leave them mixed up you will be moving them about when sorting out the size you want. Wood nicely stacked on the floor against the wall may be half eaten before you notice it! If you have to stack it, raise it up on blocks or bricks so you can see under it. A space of 15 cm (6") will allow a cat to crawl under and make mice and rats decidedly uneasy, as well as allowing the floor to dry out.

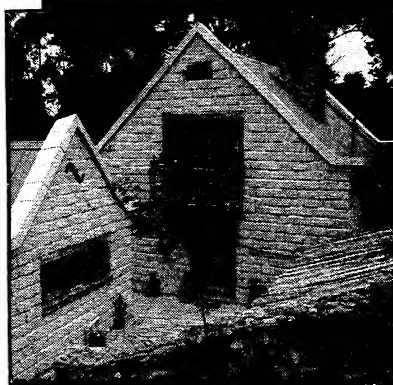
My shed is fully open to the northern winter sun, so I have to be a bit careful where I stack the wood. The summer sun doesn't shine right in so there is no

worry about the wood being bleached or baked.

Air humidity varies with the weather but wood breathes and copes. When there is a moist breeze across the front of the shed it's a good day to do a bit of sanding and paint removal on the outside workbench and certainly a lot more comfortable! A rack near the open front of the shed holds wood that needs stripping or sanding. It is very handy when you need to find something that you can do to wind down a bit and still be productive. Although when my old brain really clogs up I take a hoe and sneak up

on a few unwary burs and thistles! I think I've saved myself making more than one expensive mistake by getting away from the job on hand for half an hour. The 'trick cyclists' probably have a long-handled name for the explanation, but that would be one of the tools of their trade.

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MICE: PESTS OR PETS?

by John Mount, Woodford, Qld.

'I hate you meeses to pieces,' cried the exasperated cat to his little mouse partners in the cartoon series more than a decade ago. Like the aforementioned cat, many people have an intense dislike of mice and rats. For sure, those little white mice you might see in a pet shop look very cuddly and attractive, but if you could see them through a farmer's eyes you would see a small grey creature with a voracious appetite that breeds in the hundreds of thousands.

Tonnes of precious seed, animal feed, and other expensive farm produce can be devoured by these little creatures over a period of a few days. It is not just their appetites that make them so unattractive to country folk; besides being carriers of disease, they carry worms and other parasites in their intestines, and when they are attracted to fowl sheds and the like they also attract snakes.

It's hard enough dealing with the

occasional mouse that might enter the home, let alone mice that decide to invade in plague-like proportions. So it's no use trying to rid a house or shed of mice during a plague if you don't prevent their access in the first place. All holes, cracks and crevices in a shed or dwelling must be blocked before attempting eradication. Sheets of tin and other objects lying around the yard must be stacked high or removed altogether to prevent possible breeding areas. Stumps on highset homes can be fitted with circular tin caps or shields similar to those that the electricity authorities use on power poles to prevent small creatures from climbing the poles.

Try some of the following ideas to rid your home of mice.

- Block mouse holes with cork (which they have difficulty nibbling through), metal insect mesh, or larger type mesh, steel wool, metal foil, clay, dried mud, a mixture of soap and pepper, or soap



and essence of peppermint.

- Mouse traps can be baited with tiny pieces of bread and water moulded into small spherical shapes. Also try powdered milk and water, cheese, cotton wool, dough, peanut butter or chocolate.
- Natural repellents such as fresh mint, pepper, oil of cloves and sprigs of peppermint, can be scattered around their haunts.

However, when all is said and done the best mouse trap is a good cat, in fact even the smell of a cat will often send the little rodents packing.



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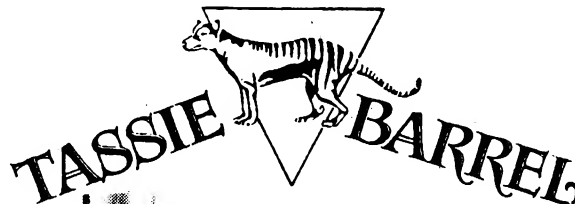
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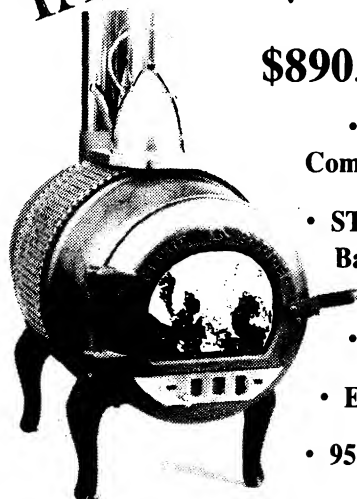
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ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

LEAF-FREE GUTTERS

The Leafscreener system prevents leaf and pollen clogging up gutters and downpipes and so serves to avert water overflow and bushfire hazard. Leafscreener is an Australian product designed and developed in NSW and in 1991 it was given an Australian Design Award. The mesh is polyethylene which is treated against UV embrittlement and has a warranty of five years. The mesh is available in black, green, terra cotta and light grey. It comes in rolls of 50 metres with a maximum width of 750 mm. The most commonly used widths are 250 mm for use on metal roofs and 500 mm for use on tile roofs. The mesh is secured to roofs with special tile clips for tile roofs or special profile clips for metal roofs and attached to the gutter edges with a Colorbond TM angle trim. While this product was developed as a gutter protection system, the manufacturers note that the mesh is used for a variety of other purposes such as tree protection, filtration, bird proofing and as an animal barrier. It can be supplied and/or fitted anywhere in Australia.

Contact: Australian Leafscreener System Pty Ltd, PO Box 118 Charmhaven 2263. Freecall: 1-800-240-006. Fax: 043- 933-340.

BATTERY POWERED LAWN MOWER

WolfGarten, a German power garden tool company, has recently developed a mower with a power source more environmentally friendly than that of traditional lawn mowers. It is also quieter and cheaper to run than petrol or electric mowers. It is powered by a lead gel battery which can be recharged 300 times (an external charger is included). Each charge allows a running time of approximately 45 - 60 minutes. It has a lightweight 15 kg plastic chassis and wheels with nylon bearings. The manufacturers say these mowers are ideal for urban gardens. Recommended retail price is \$550.

Contact: Wolf Tools, a division of Australian Gardening Supplies P/L, 675 Canterbury Rd, Surrey Hills 3121. Ph: 03-9899-5684.

BIOLOGICAL INSECTICIDES

Bayer is producing two biological crop protection products made from naturally occurring bacterium, DiPel Forte and XenTari. DiPel Forte is made from the strain of bacterium *Bacillus thuringiensis*.

Each droplet of the insecticide contains millions of living spores, along with toxic crystals produced by the multiplying bacterial cells which have been cultured in large fermentation vessels. Once ingested by the target pest, it stops feeding immediately and the infected larva dies of septicaemia in 1 - 3 days under most field conditions. DiPel Forte is extremely selective as it only kills larvae of the butterflies and moths. Beneficial creatures including bees, birds, fish and other wildlife are not affected by it. Nor are humans or the environment. Directions for use on cole crops, fruit trees, grape vines and tobacco vary.

XenTari is made of a different strain of *Bacillus thuringiensis* - Aizawai - and so provides vegetable growers the opportunity to help prevent or delay the onset of resistance to DiPel Forte. Bayer states that DiPel Forte and XenTari are both highly effective against grubs but that the use of the two in rotation will be more effective in managing the problem of pest resistance.

Contact: Bayer Australia Ltd, PO Box 903, Pymble. Ph: 02-9391-6000.

WEED FREE WITHOUT SPRAYS

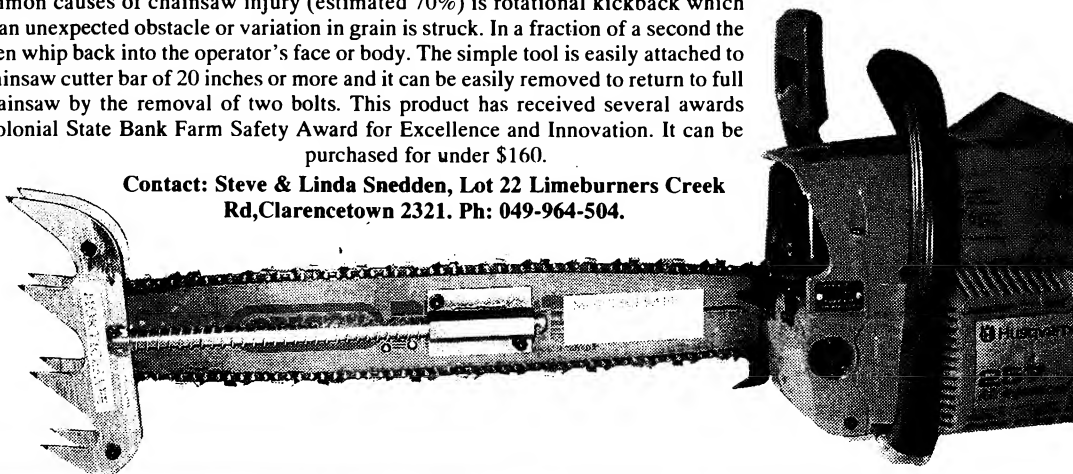
The Weed-Ho is really easy to use. Just place the specially angled V-point near the stem of the plant and stomp on the cross-bar. The sharp cutting edge severs the root below the surface, a flick of the handle catapults the weed right out of the ground and there is no bending. This simple tool is very effective as a 'push-hoe' too, especially in close quarters such as flower beds or the vegie garden. The narrow blade and good control makes it easy to work right in close between other plants. It will also selectively take weeds out of a lawn without damaging the turf. The Weed-Ho is all metal, with a hardened steel blade, made to last a lifetime.

Priced at \$29 + \$9 p&p (\$6 Qld) from: Weed-Ho, PO Box 727G, Maleny 4552. Ph: 1-800-627-818.

SAFE CHAINSAWS

The Mortice Safe Chainsaw Attachment has been developed by a timber cutter from NSW who knows too well the potential horror of chainsaw accidents. This attachment eliminates dangerous kickback in chainsaws whilst the operator is using the tip of the chainsaw to cut mortices. One of the most common causes of chainsaw injury (estimated 70%) is rotational kickback which can occur when an unexpected obstacle or variation in grain is struck. In a fraction of a second the chainsaw can then whip back into the operator's face or body. The simple tool is easily attached to any standard chainsaw cutter bar of 20 inches or more and it can be easily removed to return to full usage of the chainsaw by the removal of two bolts. This product has received several awards including the Colonial State Bank Farm Safety Award for Excellence and Innovation. It can be purchased for under \$160.

Contact: Steve & Linda Snedden, Lot 22 Limeburners Creek Rd, Clarencetown 2321. Ph: 049-964-504.





DOWN HOME ON THE FARM by Megg Miller.

It's *that* time of year again. Such emphasis could point to any number of rural events or activities but in this instance it designates the annual invasion by *Muridae musculus*. The agricultural newspapers have been suggesting the prolonged hot dry weather has favoured the multiplication of this common pest. The species are certainly making their presence felt here.

Darting mice are an everyday event in the poultry sheds and I can tolerate their existence, but in the house? Never! From the time the weather turned cooler in autumn my entry into the house and kitchen has been heralded by scurrying activity I can hear but not see. And the sink, not surprisingly, has been the centre of attention. The occasional sighting of a frightened rodent has been a great motivation for keeping up with the dishes, especially as it eliminates a possible source of nutrition. I feel obligated to leap at the invaders and strike the bench menacingly, a difficult job when it is littered with pots and pans.

A few mice always make their way inside come the start of autumn, but this invasion seems much greater some years while it is only of nuisance value others. A really bad year is when they eat through the plastic lids on storage containers to get at the contents inside, or resort to soap or candles. When I searched my cupboard for a container of individual serves of low fat milk and found all the waxed card sachets chewed and empty, I knew numbers were high and bellies hungry. The question was how to tackle them.

Over the years my little old house has provided ample opportunity to test popularly proffered deterrents. I can recall placing mothballs and naphthalene flakes in all the likely places, and another year liberal quantities of lavender oil. None of them appeared very successful as the mice still invaded and the combined smell of mice doings and these highly aromatic products was in fact worse than fuggy 'mouse' on its own. More luck resulted from the use of steel wool jammed into likely entrance holes. You could never tell, however, if the dusty scrunched up grey balls lying under furniture or in dark corners were steel wool or petrified mouse.

Recently, as I was just dropping off

to sleep in the wee hours, riotous sounds within the bedside table awoke me in a sweat. I hate mice and was terrified at the thought of having them so close. What were they doing and what was there amongst my socks and skin cream to attract such revelry? A cake of highly perfumed soap gluttonously gorged upon until it was unrecognisable. While I'm quite brave with snakes and spiders an encounter with a mouse leaves me shaking and shrieking. I don't mind admitting that if I had enough loose change in my purse I would be the sort that threw away the trap with the mouse. It was time to rally the defences when I realised I had mistaken the cylindrical material on my good cream socks to be seed dropped from the dried lavender instead of mouse blessings.

A box of instant death from the supermarket, the first I have ever pur-

chased, silenced the bedside table and contained sufficient for the last supper for the starving hordes living under the sink. The house is silent again, free from gnawing and scurrying. Of course another little problem has arisen. On occasions a wiffy odour assails the nostrils in certain parts of the house. It's a pity lavender oil is out, it would be so effective masking this new smell. . .

During this difficult period there has been a wonderful diversion on the kitchen wall that has taken visitors' attention from the cupboard noises and smell. The largest huntsman I've seen indoors strategically set up camp above the pine dresser, mesmerising those unfortunate enough to sit close by. I don't think I'm exaggerating when I say this creature would sit nicely on a teacup saucer when comfortably arranged. Evenings it spent patrolling the walls, frightening the life



A happy Sunshine at her graduation ceremony.

out of a friend one night when it leapt across the top of a cabinet very close to where their hand went to open the door. Appreciating that many people are uncomfortable if not downright terrified of spiders I've had to subtly quiz visitors before taking them inside for a coffee. This week the spider disappeared, the kitchen walls appearing noticeably bare. It may have relocated or fallen prey to an early end. Whatever happened, I'll be wary about where I put my hand on light switches and cupboard doors for a little while.

After months of watching rain clouds blow over we have had a fantastic fall of rain. And what a difference it makes to the countryside and everyone's morale. A week later there is a hint of green showing through the bare earth, the farmers are all smiles and the established shrubs and bushes have been given new life. The ornamental deciduous trees have been dropping leaves of gold and brown, but the peach trees have been slow in shedding their foliage. Strangely, they released most of their still-green leaves in one day. When I fed out in the morning the ground under these trees was sparsely littered, but by evening feed and lockup the branches were almost bare and heaps of green leaves lay around everywhere. What an odd occurrence. As the week following the rain was bitterly cold the sudden drop in temperature must have triggered the massive leaf fall.

In the vegie garden, and certainly in a protected position, both egg plant and pepper bushes are as green and viable as they would be in mid summer. A nearby row of tomato plants and thriving basil bush show no signs of wilting or dying off. I don't think I can recall a year when the summer crops were so late in finishing up. It's an unusual situation to be pulling the last of the corn plants out while sowing broad beans in the same bed. Surely our seasons were more clearly delineated in the past?

Another seasonal vagary has been the poor egg output from commercial and backyard flocks in this district. A number of locals running fowls for free range eggs have been embarrassed by their inability to meet orders and even my lot are ignoring entreaties for eggs. Sunshine requested a dozen farm eggs recently and I had to own up to the fact I couldn't even scrape up a dozen. There have been a few little pullets eggs found in odd places since then so it won't be

long before they discover the nests and what they are there for and get down to earnest work. In the meantime I've dosed all the layers with garlic, topped up the shellgrit, furnished nest boxes with clean straw and introduced some you-beaut plastic nest eggs for inspiration. Hopefully I won't have to resort to my mother's strategy for inducing lay or advise others to adopt it. I mean of course the noisy, very public, sacrifice of an unsuspecting member of the flock with the axe. My mother swore this always brought excellent results.

A moment ago I mentioned a request from Suni for eggs, actually I've had a number of requests from her of late. Did I have any spare soil or potting mix, were there any empty large green pots I could spare and please, could I bring down some chicken wire to protect the parsley? It seems green fingers are taking over from heavy night-clubbing and this was confirmed when I received an enthusiastic phone call extolling the spring bulbs and healthy herbs that had been purchased at the recent garden show. And believe it or not, this very fashionable miss has a lovely balcony garden and has been germinating seeds and growing bulbs with terrific success. In fact I have to admit I've learnt a few points on bulbs and am diligently following the advice I've been given.

A few weeks back we enjoyed a very special event with Suni - her graduation from Melbourne Uni. It was amazing to realise the funny grubby little girl who featured in lots of early issues had made it through a childhood of alternative living, boarding school and a year as an exchange student and then topped it all with a successful arts degree. The evening was memorable, but not without its lighter moments. Suni, all of a dither, left the admission tickets behind at her flat several blocks away and her beautifully dressed boyfriend, Marcel, had to run back and collect them. He was red faced, exhausted and soaking with perspiration when he returned. The graduation and presentation ceremony were impressive and Marcie and I unanimously agreed Suni was the best. Gosh, no one even came near her. A family dinner afterwards was a delightful conclusion to the evening. I'm sure each of us - Marcel, David and myself - nearly choked with pride and felt very emotional about our star. I'm going to be a nervous wreck if this child ever contemplates matrimony!

PENPALS

Hi, I am looking for some penpals between 13 and 17 years old (I am 14), males and females, Australian and overseas, with similar interests: music (I play the guitar, clarinet and keyboard), arts and crafts, herbs/gardening, animals, soap and candle making, natural remedies, watching good movies, and reading. I will reply to everybody.

Naomi McLean,
C/- PO Box 242, EUROA 3666.

Hi, I'm fourteen years old and I'm into music, animals, surfing and fishing. I have two horses that I ride regularly. I collect and study crystals, read the tarot, and am interested in Native American things. I like to meditate and I love receiving letters.

Toyah Porter,
C/- PO Box 242, EUROA 3666.

Would you like a penpal? My name is Anna and I am 16 years old and interested in many things. I am a home schooler and would like to save the planet!

Anna Macdonald,
C/- PO Box 242, EUROA 3666.

My name is Sabrina and I'm looking for some penpals. I'm sixteen years old, turning seventeen this year, and am in year eleven at Hellyer College. I want to go to uni to become a veterinarian as I love animals and our farm of seventy-five acres has a lovely variety of them.

Sabrina Willius,
C/- PO Box 242, EUROA 3666.

Hi, my name is Lynne, I am a 40 year old Capricorn mother of two who would like to correspond with like-minded people. My interests include astrology, the Mayan and Egyptian cultures, reading, camping, bushwalking, nature, earth cultures, music, and the Native American traditions. If you relate to any of these, please write.

Lynne, 18 Monroe Ct,
STUDIO VILLAGE 4210.

Fun loving 38 year old Piscean lady, interests include singing, music, gardening, sewing, loves kids, loves to talk, loves life. Wishes to hear from kindred spirits.

Rose Harvey,
17 North St, YANDINA 4561.

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HELP 'GRASS ROOTS'

TO ACKNOWLEDGE QUIET ACHIEVERS

We know our readers are a special group of people, their achievements are many and their talents diverse. In recognition of these quiet achievers we are continuing the initiative we began last year, the Annual *Grass Roots* Awards, and calling for nominations in the following categories:

- **Lifestyle** – a person, family or group whose lifestyle most closely reflects *Grass Roots* self-sufficiency.
- **Good Samaritan** – a person who you know goes out of their way to help others in a variety of ways. The Feedback pages contain many examples.
- **Innovation** – a person who has invented or produced something which aids or advances a self-sufficient lifestyle.
- **Community Service** – a person active in the community in the promotion of self-sufficiency and environmental care.

The prize for each category is a Going Solar gift voucher to the value of \$200. Nominations will be published in each issue of GR. Voting details will be provided later in the year and the awards will be announced in the Dec '97 - Jan '98 issue.



Nomination Form (cut or copy)

I (name, address & ph).....

.....
wish to nominate the following person(s) for the Annual *Grass Roots* Awards.
Include name and all known contact details, and a brief reason for your nominees.

Category:.....

CONDITIONS

Nominees must be persons you have read about in, or contacted through, *Grass Roots* magazine. You may nominate one person per category, per issue, but, it is not necessary to nominate a person in each category.

Include your own name, address and phone number and that of any person(s) you are nominating.

Last years' award winners are ineligible for nomination in '97.

Category:.....

Category:.....

Send to: 'GR Awards', PO Box 242, EUROA 3666.



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Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

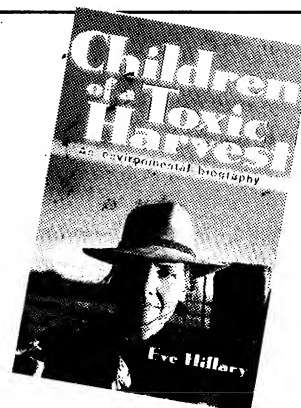
★ FEATURE TITLE ★

CHILDREN OF A TOXIC HARVEST – Eve Hillary

Multiple chemical sensitivity/chronic fatigue syndrome (MCS/CFS) is a complex and little understood form of environmental illness. Its symptoms can include chest pain, shortness of breath, dizziness, fatigue, headaches, gastrointestinal problems and more. The author suffered many of these symptoms for many years and endured the ignorance and impatience of doctors and others. Eventually she discovered more about the disease she was suffering and so could begin to find ways

to improve life for herself and her family. As Eve Hillary tells her moving story, she makes us acutely aware of how all of us living in the late twentieth century are potential candidates for this debilitating disease. Perhaps most importantly, she draws attention to the real cause of such environmental disease – the way we abuse our earth. This book will be of special significance to other sufferers of MCS/CFS.

P/b, 177pp, Lothian Books. Ph: 03-9645-1544. RRP \$19.95.



THE LIFE ENHANCEMENT HANDBOOK – Dr John Ashton & Dr Ronald Laura

This useful resource book provides the latest information on many of the factors that affect health and wellbeing in modern society. The authors explain the ways that many common foods, technologies and environmental conditions harm us, they suggest ways to overcome negative effects and present new findings on disease and medical treatments. A diverse range of influences is covered, from the contraceptive pill to cellular phones to citric acid. A compact book full of useful information.

P/b, 192 pp, Simon & Schuster. Ph: 02-9417-3255. RRP \$14.95.

INSTINCTIVE NUTRITION: Food, Your Body And You – Helen Young

The author states that this is a deliberately simple book, which is good for a book introducing readers to a relatively new dietary movement. *Instinctive Nutrition* is described as a re-introduction to the language of our dietary instinct which, when allowed to operate, strives towards the recovery of health and wellbeing. The first four chapters discuss the concept and reveal its scientific basis. Detailed guidelines for practising the method follow, then discussion about what changes to expect.

P/b, 106 pp, Accord Health & Lifestyle Management.
Ph: 014 927 509. RRP \$19.95.

MODERN PLANT PROPAGATION – Allan Gardiner

This book is the fourth reprint of this easy to read propagation reference work. It covers all of the propagation techniques used by home and professional gardeners: division, separation, layering, as well as cuttings of all sorts of softwood, semi-ripe hardwood, through to bud, leaf and root. Most impressive are the great step-by-step photographs that make the processes easy to follow. In addition, the author provides specific advice for a range of exotic and native plants and related topics such as seed collecting and grafting and budding methods.

P/b, 185 pp, Lothian Books. Ph: 03-9645-1544. RRP \$19.95.

WINE GRAPE VARIETIES OF AUSTRALIA – George Kerridge & Allan Antcliff

There has been much confusion about names for grape varieties in Australia and this book addresses the situation. It clearly describes and illustrates with color photos, 88 varieties of grape vines – all of those commonly grown in Australia as well as some others. To further clarify things, a useful list of grape name synonyms and a glossary of viticulture terminology is provided at the back of the book. The Grapevine Variety Collection, CSIRO Merbein, Victoria, is also listed. This is a resource for viticulturists, students of viticulture and enthusiastic amateurs.

P/b, 197 pp, CSIRO Publishing. Ph: 03-9662-7666. RRP \$39.95.

THE FOREVER GARDEN – Cara Rosehope

The aims of this book are to inspire and assist the less able-bodied, particularly the aged, to keep on gardening and to help prepare those of us who will age in the near future. Valuable information is provided about the various means to make this possible: the right tools, the right plants, easy gardening layout and maintenance and the easiest gardening methods. Illustrations and photos clarify the suggestions and contact addresses are included for the providers of the various aids mentioned in the book. This is a very encouraging and useful guide for some disabled gardeners, middle-aged and older gardeners.

P/b, 168 pp, Hyland House. Ph: 03-9696-9064. RRP \$24.95.

SHARED VISIONS SHARED LIVES: Communal Living Around the Globe – Dr Bill Metcalf

A definition of communal living mentioned in this book is that it is a way of living where more rather than less is shared. The book is a compilation of fifteen stories by long-term participants in various contemporary communities around the world. The stories, accompanied by photos, tell of many challenges, failures, successes and dreams of communal group participants in the 1990s. An introduction, a summary and editorial guidance throughout is provided by Bill Metcalf, academic at Griffith University and participant in several communal groups.

P/b, 192 pp, Findhorn Press. Distributed by GemCraft Books.
Ph: 03-9888-0111. RRP \$ 19.95.

GOURD GROWERS HANDBOOK – John Van Tol

The only book written about growing gourds! Aimed at beginners and advanced gourd growers, this is a useful and easy-to-follow booklet. It explains how to grow the three main types of gourds from seed, what to do with them after picking and how to solve some common problems with gourds. Illustrations and photos enhance the booklet's readability.

Every copy of the book comes with a free packet of gourd seeds.

P/b, 52pp. Ph: 049-336-624. RRP \$17 incl p&p and free seeds.

THE BASICS OF PERMACULTURE DESIGN – Ross Mars

An aim of this book is to satisfy a gap between Bill Mollison's definitive permaculture texts and some of the popular books on permaculture. It provides information about permaculture design principles and integrates the author's practical knowledge. This is the focus of the bulk of the book and then it expands on these principles to address, in separate chapters, some of the needs specific to communal groups and schools. It also devotes a chapter to discussion about appropriate technology. This book is for anyone seeking generally useful ways to incorporate permaculture concepts into their lives.

P/b, 170pp, Candlelight Trust. Ph: 09-295-4627. RRP \$29.95.

POETRY

YESTERDAY EVERYTHING CREPT AWAY
 Yesterday everything crept away and folded up
 but this morning the air is torn
 in fluttering scraps of mauve, white, orange
 yellow, black-twists of pattern –
 butterflies in flaccid grass,
 fleshy nasturtium,
 larkspur and bougainvillea, pink and purple.

Morning is a soft grey cloud of melaleuca.
 Weaving through memory, this languid spell
 of butterflies, the garden alive
 with butterflies. And my neat neighbours
 with their pressure packs and poison sprays –
 disarmed, defeated, on their backs
 wagging their legs like cockroaches.

Rae Sexton.

THE FARM

Out in the bush, on a lonely road, where the settlements were few,
Your only friends were the distant hills, etched brown in a washed out hue.
The 'little place' you had dreamt about, when the world and your heart were wide,
Where once you had dreamt of waist high crops,
And a haven to bring your bride,
Are still but a vision unrealised, your weary eyes still see
The weary hut and the weary plot
And the forest of unfelled trees.
But time was a friend and the days were long,
Till one day you brought your wife,
When you'd carved your strength upon the earth,
And you worked brown earth to life.

Today my family sold the farm,
That he wrenched from the living soil,
Today we said goodbye,
To his years of lonely toil.
But that family plot was our family plot
Where a generation grew,
And our only friends were the distant hills,
Etched brown in a washed out hue.

Gordon L Thurman.

JERDACUTTUP IMAGES

In sixty-three
scrub covered the land
and the kangaroo roamed free.
The emu ranged down
from the north
and the rain
swept in from the sea.

Instead of grey scrub,
now green horizons
divided by fence and road.
They shot the emu and kangaroo,
grazed sheep and cattle
over the sandy soil
and waited for rain.

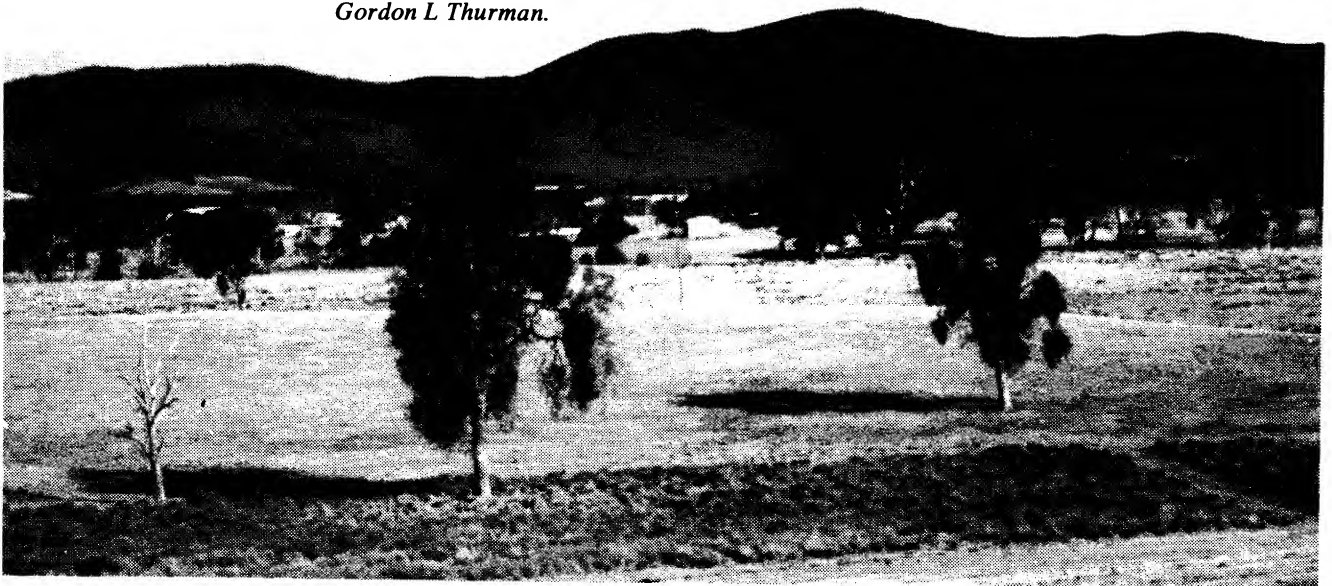
The trees have gone.
Salt begins to rise.
The wind brings dust
and blasting sand.
Sheep are dying.
They plant trees
and pray to the West
for rain.

Laurel Lamperd.

ABLUTIONS

He pecks for his reflection
every morning
and watches another
more wrinkled willy wagtail
ripple the cloud, the trees, the shadows
across a watery prison.

Lorraine Marwood.



GRASSIFIEDS

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NORTHERN NSW, 100 ac forest, some clearings, f/trees, dam, tanks, cottage & timber house, crk, f/hold. School bus, ph, mail, power avail. \$100,000. Ph: 066-362-144, daytime.

HOUSE FOR SALE, NORTHERN NSW, 15 km from Nimbin. Spacious timber and rock, 2 storey, 5 b/r. Five ac, nth aspect, panoramic views. Large solar system, shed, c/port, tanks. On well estab community. Walk to primary school. \$93,000 ONO. Ph: 066-843-946.

NIMBIN, NORTHERN NSW, 3.5 ac picturesque farmlet with solid, fully renovated 3 b/r home. Town water, with perm crk, arable land. Rural setting, but handy to school & shops. \$135,000. Ph: 066-891-510.

BUSH RETREAT 720 ac f/hold, high country with 4 valleys facing nth, good views, 40" r/fall. All covered with unspoilt native trees and bush. Very private & quiet with a great climate. Trout stream and nat pk near by. Well placed for a tourism venture or cabins or a quiet lifestyle in harmony with nature. Has one stock-proof paddock of 150 ac. All-weather car access, school bus 5 km. \$80,000. Some furniture avail. Barra-ba 35 km, 125 km from Tamworth. Ph: owner, 067-831-446 AH.

TILBA, 12 km Narooma, level house site within enchanting forest clearing, gently sloping nth facing timbered block, 2.3 ha, r/forest gully bndry, power, building approval, plans avail. Asking \$57,000. Ph: Allan, 08-9386-9052.

NAMBUCCA VALLEY, choice chemical-free 22 1/2 ac. Creek, perm well, 5000 gal tank. Permaculture, fruit & nut trees incl 100 pecans. Dairy bails, sheds. Restored colonial timber home, return verandahs, 3 b/r, french doors, living, potbelly, dining, modern bathroom, new kitchen. Power & ph. School bus at gate. Beaches 30 mins. \$160,000. Ph: 065-647-739.

UPPER HUNTER VALLEY, 80 ac situated in picturesque valley, fenced into 3 paddocks with dam in each. Plenty shade trees. Large 4 b/r home, Eat-in kitchen, study, sitting room, lge lounge room, bathroom, laundry/toilet. Established gardens, equipped bore, 22x20' pottery studio with 13 cu ft gas kiln. Three-bay, all-gal Colorbond shed. Power & ph, 15 mins from town & schools. \$175,000 ONO. Ph: 065-476-010.

HOBBY FARM NEAR COWRA, 22.5 idyllic ac, adj nature reserve, 4-5 b/r fully insulated house, lge kitchen, walk-in pantry, verandahs, tank, bore, dam, poultry yards, stock ramp. \$120,000. Ph: 063-455-846, after 6 pm.

BOORABEE CREEK, 30 mins Lismore. Three rural blocks: 30 ac, 45 ac & 100 ac. True bush blocks, undulating, good soil, all blocks with crk. Lovely setting at end of quiet valley. All-weather rd access. From approx \$70,000. For info call: 02-9746-7039, evenings.

MID-NORTH COAST. The house: open plan, timber, slate floors, cathedral ceilings, lge master b/r with balcony, parents' retreat upstairs, 3 b/rs downstairs, slow combustion (cooking, heats water) and gas stoves, pantry. Gravity-fed water to house and gardens, r/water tank, power. Cool summer, cosy winter when the sun pours in 2 lge bay windows, sep studio, lge workshop, chook pen, neglected vegie garden/fruit trees. Suit family, sml group. The land: 25 ac, perm spring-fed crk, cleared crk flat, hillier bush regrowth, heavy loam, no chemicals used at least 15 yrs, sealed rd, school bus at gate, 7 km village, 27 km Kemspey. \$140,000. Ph: 047-588-434.

ASHFORD ONE HUNDRED ACRES, large 4 bedroom Hardiplank office e/s sep 3 room accom, 40x20 shed, dam, power, glorious views, school bus. \$95,000. Ph: 067-254-275 BH, 067-713-987 AH.

TOTALLY PRIVATE MID NORTH COAST valley 33 ac. Architect designed & professionally built 4 b/r & 2 attics mud brick home, french doors, slate & cork floors, stained glass, recycled timber. Rainforest setting with 3 golf holes, school bus at gate, plenty of water, 35 mins to beaches. \$240,000 ONO. Ph: 065-647-427.

GRASSIFIEDS

PROPERTY FOR SALE NEW SOUTH WALES

BEAUTIFUL BUSH HOME, 30 mins SE Glen Innes, 100 ac (40 ha), delightful red cedar home, 2 b/r, 2 loft areas, dining & lge kitchen, lounge, warm with lots of light. Gas stove & hot water, town power, s/c/heater. Fenced house yard 3/4 ac, c/port, 2 dams, sml spring-fed crk, heavily timbered with plenty of wildlife. School bus 5 mins. \$100,000 ONO. Call owner after 6.30 pm: 067-334-682.

ONLY THIRTY MINUTES FROM LISMORE, Kyogle, Nimbin, 2 ac fertile land secured on Strata Title, solid timber cabin, water & solar power at walking distance from school buses, crafts centre, hall. \$49,000. Enquiries: 066-337-040, evening.

SOLIDLY BUILT TIMBER CABIN, spacious living room, 1 b/r & 1 loft/b/r on 2 ac amongst old-growth trees. Solar power & water. Situated at 34 km from Lismore. \$55,000 only. Enquiries: 066-337-040, evening.

ROCKY HALL HOUSE, 5 ac, historic 35 sq tastefully renovated, serviced, warm home, workshop, orchard. Wyndham 20 km, ACT 2 1/2 hr. Currently a holiday rental business/farm/cottage industry. \$138,000 ONO. Ph: 064-942-217, 064-942-172.

HANNAM VALE, (9.69 ha), mid nth coast, 40 mins from Taree, charming 2 b/r cottage with magnif outlook. Inground saltwater pool, sheds, greenhouse set amongst fully grown citrus & tropical fruit orchards, + over 600 sq m of tea estate, + 140 tree r/forest. \$190,000. Ph: 065-567-629.

GUNNING SHIRE, convenient to Canberra & Goulburn, 361 ac, chemical free for past 25 yrs. Undulating land, good timber shelter, sound fences. Three dams, crks on 2 bndrys, tanks on machinery shed, garage/workshop & extra lge storage shed. Telephone connected, power to adjoining properties. Good house sites. \$200,000 ONO. Ph: 02-9452-1126.

BEAUTIFUL MID NORTH COAST, Eungai, solid 3 bed, 4 y/o home on 1/4 ac, 15 mins to beach, rural views. Wood & electric stoves & hot water. Combustion heater, recycling septic system, very lge living area, 6000 gal water storage. \$84,000 – very open to offers. Urgent sale. Ph: 066-212-239.

BILLEN CLIFFS, 35 km nth of Lismore. Cabin on 2 ac, scenic views. Ph: 07-3284-8235.

FISHERMAN'S PARADISE (Lake Conjola). Bargain! Cosy colonial 3 b/r cottage (1991), grey tile, white Hardiplank, insulated, w/w carpets, pine kitchen, aircon. Potbelly (free wood!) greenhouse, bbq, fishing, boat ramp 3 mins. Beaches, Milton 10 mins. \$100 week rental (\$300 peak holidays). Quiet village, bus at door. \$86,500. Ph: 044-564-533.

MOUNT DARRAGH VIA BOMBALA (Bega Valley), 102 ac on 2 titles, 3 b/r, lge family room 31x26'. Superb views to Bega, 50 km to coast on main rd. School bus at door, 3/4 cleared, 2500 plants for cut flowers, waratahs, proteas & native plants etc. All on drippers, 6 springs, perm creek, power. \$140,000. Ph: 064-582-030.

**DEADLINES: GR 122 – JUNE 30TH
GR 123 – AUG 30TH**

THRIVING COONABARABRAN 5 km sealed rd, 27 ac, level, school bus, river frontage (perm water), 2-3 b/r renovated Hardiflex home. Spacious living areas, power, ph, Bio-loo, closed fireplace. New septic, HWS, stove, carpet. Self-suff organic garden & lge orchard, poultry yards, 2 sheds, 11 sheep, birds. \$150,000. Ph: 068-422-131.

SUIT ANY TYPE HOBBY FARM, 324 ac, 99 yr lease, new house/shed, old house & sheds, new fencing complete, 3 sml paddocks, one lge paddock, 10,000 yd dam. Some furniture, 17 f/trees bearing, town power/water, 6 km from town, 1 km school bus. Plenty trees – scrub. Sale due ill health. \$195,000 ONO. Ph: 08-8087-7061 AH.

EIGHTY ACRES PRISTINE FREEHOLD, 2000 ft above sea level, situated 30 km NW Bombala. Well treed hills & slopes, paddock area. Chemical-free history. Creek & natural springs. Grow anything. Beaches & ski slopes 1 1/2 hrs. Nearby Delegate river – trout fishing. \$26,500. Contact: Sue Fernandes, 66 Prince St, VIRGINIA, Qld 4014. Ph: 07-3256-7313, or 0411-356-620.

FAR SOUTH COAST NSW, 40 ac, 10 ac clear flat, state forest 3 sides, mud brick/timber home 22 sq, 2 storey, court yard, nth aspect, 2.4 verandah 3 sides, slate, tile, wood unique flooring, electricity, perm water, irrigation pump lic, 5 km beach, 15 km town, school bus. \$220,000 ONO. Ph: 06-295-1007 AH.

NORTHERN NSW, NYMBOIDA, 2 dwellings on 100 ac. Main house 2 storey, timber hexagon, 3 b/r, lge beautiful comfortable. Power, sheds, fenced paddocks, dam, veg patch, school bus to gate. Property 80% wooded, picturesque crk, stunning views, wildlife is abund & diverse. Friendly, supportive, artistic, politically green community. All major work done. Live in this beautiful pristine healthy environment for \$135,000. For photos & further description ph: 066-845-206.

NORTHERN RIVERS BUSH FOOD, 11 ac plantation with high income potential, private scenic situation, comfortable cottage. All equipment and consulting incl. \$250,000. Ph: 066-886-274.

GREENLANDS VIA SINGLETON, near Lake St Clair, 50 pasture-improved farmed ac, crk & well, electric pumps & timers, irrigation. House, sheds, machinery, licenced fish ponds, deer fencing, cattle & sml animal yards. Fourteen mins to town. Suit ostriches, alpacas, deer, cattle, horses, olives etc. Stocked with 120 fallow deer & approx 1 tonne of Silver Perch & crayfish for instant income & primary producer status. WIWO \$320,000, reduced by \$30,000, must sell. Ph: 065-773-106.

MID NORTH COAST, rare opportunity, 2 b/r bush cabin retreat, solar, gas, generator, water tanks. Nestled in 231 ha, mostly timbered, perm crks & swimming holes, 1/9 share company title, tarred rd to front gate, 40 mins Port Macquarie, 20 mins Wauchope. \$55,000. Ph: 065-834-799.

SOUTHERN HIGHLANDS – TARAGO, 100 ac escape nestled away between Bungendore & Goulburn, 2 1/2 hrs easy drive from Sydney (55 mins Canberra). Plenty of water. Large Colorbond shed. Kangaroos, wallabies, wombats & lots of birds. \$87,000. Ph: 02-9684-1773.

GLOUCESTER 8 km nth from town, 10 ac, good fencing, panoramic views, 3 b/r Hardiplank, verandah 3 sides, a/c, wood fire, machinery shed, 3x5000 gal w/tanks. Well estab organic vegie garden, 34 citrus/fruit/nut trees, wind break trees, 3 dams gravity-feed, gardens, school bus, 1 hr Taree/Forster (beach), 3 1/2 hrs Sydney, power/ph connected. \$180,000. Ph: 065-582-239.

MOUNTAIN VIEWS VIA BELLBROOK, 5 ac, 2 b/r house, new bathroom & kitchen fixtures, 2 studios, 1 shed. Dam, pump, r/water tanks. Fruit & nut trees. Kempsey 45 mins. \$70,000. Ph: 065-672-054.

NEW ENGLAND, 3 b/r home in sml village, wood heater, verandahs, 4 car Colorbond garage, garden shed, chook shed, 7 ac, unlimited water, walk to school, shops, hospital, swimming pool, school bus at gate. \$85,000. Ph: 067-347-479.

COPMANHURST: house site, 2 ha, cleared, dam water, ph, elec connected to site. Easy access, school bus, 10 mins Copmanhurst, 1/2 hr Grafton. Well estab M/O, mature residents, 6 children, 6 houses on sep 2 ha sites. Three dams, bore, tractor etc, 100 ac, 70 virgin. \$30,000 ONO. Ph: 049-261-925.

SOUTH COAST, 40 ac on pristine Tuross River, Dampier State Forest, 45 mins from Bodalla. Timber cabin & 12 sq stone house completed to roof line. Over 200 f/trees, gardens, 2 dams and fenced paddocks. Tractor, implements & extras go with property. Abounds in birds and wildlife, and tranquillity. \$160,000. Ph: 044-735-439.

LESS THAN AN HOUR AND A HALF FROM SYDNEY – spectacular bush retreat, 25 ac of superb bushland fronting the unpolluted waters of the Little Cattai Creek near South Maroota. Breathtaking views over forested hills & valleys. Spectacular sandstone formations & abund wildlife (wallabies, koalas, wombats, goannas & lyrebirds). Caravan with r/water catchment & water tank already in place. Zoned for a single dwelling. \$149,000. Ph: 02-9568-5278 or 019-918-752.

WARRUMBUNGE RANGES/COONABARABRAN; 620 ac, 2 b/r house with lge open-living area, solar-wind powered with backup generator, virgin bush, plenty of wildlife, walking/driving tracks 2WD accessible + you also get a tractor with lifting implements, sawmill/slab cutter and plenty of fallen timber around, wood-working lathe, planer/thicknesser. Ring George on: 068-422-443, or mobile 015-255-145.

*For the new 10 digit phone numbers,
preferred format is 00-0000-0000.*

*Unless a mobile number
019 or 018 or 041.*

GRASSIFIEDS

PROPERTY FOR SALE NEW SOUTH WALES

WEST OF TABULAM, exchange or sale, 57 ac, dwelling, 1 d/b 4 bunk room, kitchen-dinning room, full length verandah, facing tree ferns. 240 V generator, huge dam, spring, tank water. Old gold mine workings near bndry. Wanted legal dwelling any condition, few acres, elec. \$60,000. PO Box 1135, CASINO 2470.

NAMBUCCA VALLEY, 65 km Macksville, 14 ac in secluded r/forest area. Two b/r solid timber home with many windows to enjoy the view, 8' wide verandahs on 3 sides, cathedral ceiling & polished timber floors. Situated on picturesque 2 ac tree-studded garden. Established veggie gardens, f/trees, chook pen, stone bbq area & water tanks. Permanent running water through property, 1/3 share 42 ac. Rates \$100 annually. All this & more \$75,000 ONO. Some vendor finance avail. Ph: owner, 065-698-459.

CENTRAL WEST NSW, 672.1 ha farm, wheat, sheep & cattle. Castlereagh River frontage, adj state forest, 23 km E Gilgandra, 71 km nth Dubbo. Attractive homestead, neat & tidy sheds, stockyards, cottage, pool, bore, dams, well, windmills, 22" r/fall, school bus & mail service. \$325,000. Ph: 068-488-844.

HOUSE FOR SALE, NORTHERN NSW, 15 km from Nimbin. Spacious timber & rock, 2 storey, 5 b/r. Five ac, nth aspect, panoramic views, lge solar system, shed, c/port, tanks. On well estab community. Walk to primary school. \$93,000 ONO. Ph: 066-843-946.

MULLUMBIMBY, 100 ac, 5 km from town. Views to the coast. \$180,000. Ph: 070-316-346.

BERMAGUI/COBARGO, sth coast NSW, 17.70 ac, 360 deg ocean/mtn/bush views. Level house-site. Easy access 2WD, perm crk, power past front gate, 10 km to beaches. Beautiful bush, wildlife. Some cleared for f/trees etc. Rates \$460 pa. Includes sml caravan & shed. \$60,000 ONO. Ph: 044-762-627 after 11 am.

QUEENSLAND

MAREEBA AREA, 45 mins to Cairns, BFA Cert 'A' organic fruit farm, 20 ac, 3 b/r brick house, lge wooden floor hall, ext rock work, cottage, 2 sheds, mower, tractor, dam, bore, mangoes, bananas, many exotics, natives, elec, ph, bus, excel climate and lifestyle. Alba's Sunshine Orchard. \$310,000. Ph: 070-933-226.

ACREAGE, WEEKEND CABIN, mins from tranquil inlet opposite Fraser Island. Palms, f/trees, crks, secluded position. Urgent sale. \$29,500. Ph: Sunshine Coast, 07-5494-8555.

ONE HUNDRED AND EIGHT ACRES, 50 km from Chinchilla, 8 ac fenced with new ringlock, 20x20 open steel shed, 1000 gal new r/water tank. Power 200 metres, ph avail. Wieambilla Crk through middle of property. School bus 1.5 km. Very good neighbours with school children. \$23,000 ONO. Ph: 076-689-824.

QUEENSLAND, BAUPLE ESTATE, Bauple, 2 attractive bush blocks, 1 1/2 acres each. Selling at \$23,000, or \$45,000 pair. Contact (local): 071-292-273, interstate 0359-890-899.

PLACING AN AD? See page 70 for details

SUNSHINE COAST HINTERLAND/POMONA, 2 ac share in 36 ac community, bush/clear, perm spring, good access, close to town and school bus. Spectacular views. \$7000 ONO. Ph: 03-950-939.

FOR URGENT SALE, Dallarnil, SE Qld, between Biggenden & Childers. Fully renovated 3 b/r cottage, 3 ac, elec, ph, tank water, dam. Plenty of trees, very environmentally friendly. \$90,000 ONO. Ph: 071-277-129.

SLICE OF QUEENSLAND, 8 ac, partly fenced, lovely rural estate with Colorbond dwelling to lock-up. Dwelling powered, near-new kitchen, full-length verandah, 5000 gal water tank, all plumbing fixtures in place ready for connection. Bitumen rd, mins from Maryborough. \$69,000. Enquiries call: 079-261-580.

MT TAMBORINE FOOTHILLS, 45 mins Brisbane, private 5 ac, well treed, nice views, clean shed water tank. Good access at end of quiet cul-de-sac. Power ph readily avail. \$75,000. Ph: 07-3851-2814.

GYMPIE TEN MINUTES, lovely 5 ac scrub block, grows anything. Power, bore, livable shed, wind/solar power. Stable/carport, perm crk. \$75,000. Ph: 071-277-129.

FIVE ACRES, 3 b/r home, garage, dam, 7000 gal r/water tank, rates \$250 pa. Gympie 15 mins, access Rainbow Beach, Noosa. Great potential. \$79,000. Curra Country Estate. Ph: 075-483-1020.

GENUINE BARGAIN, attractive near-new home, 2 b/r, easily extended, with lge verandah, on lovely 5 ac. Excellent dam, partly completed horse arena & yards. School bus at gate. Great investment or 1st home. Just 12 mins from Gympie. \$65,000 ONO. Call owner: 07-5485-2370, 017-724-040.

NANANGO: 3 y/o, 2 b/r, 8 ac, built-ins, open plan lounge/kitchen, wood heater, power, ph, screened 8' wide verandah 3 sides, septic, property fully fenced, 15' deep well, 5000 gal tank, 9 estab f/trees, rockery, garden shed. \$75,000. Ph: 071-624-855.

CAPRICORN COAST, 2 1/2 ac beautiful f/fenced block. Deep red virgin soil, excel drainage, high position with u/ground spring water (400 gph), fully lined 2 b/r livable shed 30x30'. Septic, HWS, screens, fans, ph, m/service & school bus to door. Carpets & curtains. \$98,500 ONO. Ph: 079-397-355.

MAJORS CREEK, VIA BRAIDWOOD, 1/2 way b/w Canberra & the coast at the very head of the Arawan Valley, 14 1/2 ac of unusual bush, flats & gully within the village bndry. Gold mining has carved a stabilised, 7 ac labyrinth, now filled with ferns, trees, wildlife & abund water. Rich mist-fed flats & topography create a wide variety of microclimates for diverse permaculture, aquaculture or market gardens. Three rd fronts, close ph, power & school bus. Active, social community. Subdividable, some structures. \$60,000. Ph: 075-572-0965.

TEN ACRES FREEHOLD, dwelling, lge dam, diesel pump, 36' bus, fully fenced into 3 paddocks, power & ph connected. School, shop & fishing 10 mins. Established gardens. \$85,000. Ph: 079-505-490.

NANANGO, SOUTH-EAST Qld, short drive town, 24 km Kingaroy, 2 hrs Brisbane. Over 8 ac, 1/2 bush, 3 b/r western red cedar, fully screened, ppwer, ph, gas & wood stoves, sheds, fully fenced, new tanks, good dam, f/trees, chook pens, school bus at gate, wildlife abounds. \$80,000. PO Box 291, NANANGO 4615. Ph: 071-631-878.

CHILDERS, RURAL RESIDENTIAL, 4 1/2 ac, town water, power, ph, billabongs. New architect designed, 3 b/r b/v house. Beach 20 mins. POA. Ph: 071-268-260.

DAYBORO, FIFTY ACRES, 1 hr NW Brisbane, 5 b/r low-set home, large kitchen and family rooms, virgin tree area, no clearing. Beautiful valley views. High mountain block with complete privacy and security. Backs onto state forest with unlimited riding trails. Local town 15 mins. School bus at gate. Sell outright or will lease back for 6-12 months. \$185,000. Ph: 07-3425-1635.

MOUNT MOLLOY, 45 mins west of Port Douglas, 120 ac f/hold farm, 1000' frontage to perm pollution-free Mary Creek, flat sandy loam, no chemicals, lge farmhouse + 5 room barrack block, big sheds, \$20,000 of pumps & sprays, f/trees, lge shadehouse, 3 phase power, school bus, 1500' above sea level suits most crops and livestock. \$250,000. Owner will introduce persons purchasing as tenants in common, will easily support 2 families. For details: Lyford, 2 East Mary Rd, Maryfarms, MT MOLLOY, Qld 4871. Ph: 070-943-154.

MILLMERRAN, 20 ac fully fenced, 8KVA jenny, 20x10 steel shed. Large pergola, 20x10 timber shed with 2 c/ports, 2 full dams. Many more. \$25,000. Ph: 076-391-801, Mary-Ann.

MOUNT PERRY, PEACEFUL OLD MINING TOWN, NW of Bundaberg, 2.4 ac, approved for subdivision of 11 blocks. Magnificent mtn views, quiet retreat. \$25,000. Vendor finance avail. PO Box 29, KADINA, SA 5554.

KINGAROY AREA, 40 ac, natural bushland with mature spotted gums. Dam, abund wildlife, 14 ft c/van with new annexe. Ideal perm or w/end retreat. \$22,000. Ph: 07-3857-4636.

COMFORTABLE 2 b/r pole framed home on 5 ac, 1 1/2 hours NW of Caboolture. Built to council approved plans (90% complete), made private by diverse native forest & wildlife. Solar system (12V/240V) powers lights, TV, automatic wash machine etc, (grid power avail). Gas & wood stoves, open fireplace, good dam, sheds & gardens. School bus service, ph. \$55,000 ONO. Ph: 071-647-132.

SELL OR SWAP. I have a massage/sauna therapy centre in Townsville. Owner wishes to swap or sell for \$85,000 WIWO, or, a house on acreage. Ph: 077-726-451 for more info.

*Please print your ad clearly
so we can do likewise*

GRASSIFIEDS

PROPERTY FOR SALE QUEENSLAND

COOYAR, SLOPING 11 ac, summer crk, swimming hole, 300° mtn views, driveway, shed, house site, fenced, power, shop, school. \$25,000. Possibility rental Qld'er for buyer. \$25 week! Consider exchange, community nth NSW. Ph: 076-926-299.

ROSSVILLE, between Cooktown & Cairns, 1 ac, crk, stone dwelling, power. \$40,000. Ph: 070-316-346.

MOUNT PERRY, 12 km from Gin Gin, 40 ac, newly fenced, some timber, 8 ac crk flat with 2 m topsoil, dam, level house-site with power, sweeping views. \$39,000. Ph: owners, 071-594-367.

GUNALDA, NEAR GYMPIE, part cleared 5 ac, tall trees, dam, fenced, bitumen rd, power avail, near shops, school. \$25,000. Ph: 07-3357-7003.

VICTORIA

STRATHBOGIE RANGES, near Violet Town, live in harmony with nature in 23 ha of native forest. Comfortable, modern, 3 b/r, bv home, en suite, 2 living rooms, cathedral ceilings, slate floors. Eight foot verandahs, inground swimming pool, separate 6 sq billiard room, underground cellar, dble c/port & garage. New 3 bay machinery shed. Rainwater tank (92,000 lt) & bore. School bus route. Asking \$200,000. Call: 03-5790-8533 for a brochure.

ROSEDALE, FORTY ACRES, bush block, bilabong, crk, springs, 60 km nth Bundaberg, close to 1770. Top 1/3 block has view to ocean. \$29,000. Ph: 03-5263-1464.

EAST GIPPSLAND (Vic), rare bargain, brand new 4 b/r house (cost \$95,000) on 10 fertile ac in quiet picturesque Combienbar Valley. Many sheds, brick dairy suit studio etc, abund water, mains power, ph. Suit comfortable retirement, luxury holiday, quality family living, any GR activities. \$76,000. Ph: Raymondo, 03-5158-5232, 064-585-289.

FARMLET (15 ac), 18.5 sq western red cedar homestead estab garden & orchard. Good shedding, fencing. Town & tank water, 25 mins from Shepparton - 5 mins Numurkah township. School bus at gate. Some machinery. WIWO \$158,000. Ph: 03-5862-3000.

WROXHAM, VIA GENOA in beautiful E Gippsland, 590 ac (300 ac bush) with 3 b/r house. Next to nat pk, very quiet, abund wildlife. Permanent crk, 2 titles, lge sheds, water tanks (12,000 gal), gas fridge & freezer, 240V gen. Good rd, ph. \$160,000. Ph: 03-5158-8275.

BALLARAT DISTRICT, 12 mins to Ballarat PO, 3 b/r b/v & 2 room w/b bungalow on 2 ac with great views. Town/tank water, indoor/outdoor toilets, BIRs, 2 living areas, wood heater, wood/elec stoves, dishwasher, microwave, shed approx 42x40', garage, 30x15' igloo hothouse, 2 chook sheds, potting shed, f/trees. Service station shop 400 m, primary school 500 m, bus to secondary school 200m. Bonuses: 9 lge bins of worms (exc business potential), ride-on mower & trailer, 4 sheep. \$115,000. Ph: 03-5342-0155.

DEADLINES: GR 122 - JUNE 30TH
GR 123 - AUG 30TH

TAMINICK, NE Vic, 40 ac hilly bush block adj Mt Bruno, opposite Warby State Park, 30 km from Wangaratta. Two b/r renovated timber home on flat cleared area; lge living area, open kitchen, polished floorboards, lavender farm, r/water tanks. Many native animal species. \$87,000 ONO. Ph: 03-5765-2416 after 7 pm.

SEVEN WATERS FARM - picturesque 4 ac at the foot of Mt Alexander in the Harcourt Valley. Originally a pear orchard, then trout farm & wildlife park, now a permaculture property. Features 7 dams, water race, huge aviaries suitable for birds or gardening under wire. Because of the unusual amount of water, the property lends itself to water chestnuts, fish or duck farming. Large high-fenced area, ideal for emus or goats. Self-cont flat & older style 3 b/r w/b farmhouse with extensive cottage garden, shademesher nursery, lilac wood, huge old willows, sheds, c/port. Melbourne 1 1/2 hrs, 30 mins Bendigo, 10 mins Castlemaine. \$165,000. Ph: 03-5474-2557.

ENJOY IDYLIC COUNTRY LIFE, 13.5 ac, nth facing, fully renovated inside & out, 4 b/r home. Unlimited spring water, ample shedding, estab trees, undulating scenic hills. School bus at doorstep, 12 km to Mirboo Nth. \$120,000 ONO. Ph: 03-5668-7262.

GRAMPIANS/STAWELL, peaceful 20 ac, luxury 4 b/r b/v, 26 sq home. En suite & family bathroom with spa, blackwood cupboards t/out, St George dbl oven, Jetmaster fireplace + external wood-fired ducted heating, 50x25' shed with power, water. Huge dam (stocked with brown trout), estab trees, gardens, fernery. Chook run, aviary, excellent fencing. School bus, 5 mins to town centre. Suit native flowers, stud. Set up to go. \$232,500. Ph: 03-5358-3544.

BRIDGEWATER, NEAR BENDIGO, lovely 3 b/r brick home, all amens, 1 1/2 ac, trees, river frontage. \$132,000 ONO. Ph: 03-5437-3272.

CARRAJUNG, Grandridge Rd, only mins away from Tarra & Bulga Nat Pks. Quiet, peaceful area, neat & tidy 2 b/r cedar home on 5 ac. Wood heater, 1 dam, cattle yards, fish pond, verandahs & chook house. Tank water, reliable r/fall area. Overlooking picturesque views of Latrobe Valley. \$78,000 ONO. Ph: 03-5182-6483, 03-5194-2341 AH.

EAST GIPPSLAND, quiet location, 23 park-like ac, 2 km crk frontage running into Tambo River. The best trout fishing area in Victoria. Property comprises good grazing all year, dam, yellow box gums, f/trees, others. Three b/r modest dwelling, open plan living, wood fire heating, solar powered, gas backup, ph, septic etc. Quaint garden, shadehouse, surrounded by picket fence. Separate level building block. Primary & secondary schools 20 mins, bus at front gate, 10 mins general store, 1 hr Mt Hotham & Gippsland lakes. This property is self-suff, a great weekend or perm for the ski or fishing enthusiast. One of the best small acreage properties in the area. Price \$65,000. Ph: 03-5659-0036.

CANN RIVER VALLEY, East Gippsland, 188 ac - 20 ac river flats, 30 cleared hills, balance bush, surrounded by forest. Underground irrigation on 8 ac. Whole property run biodynamically for 6 yrs - would suit flowers, herbs or vegies. Modern 18 sq house, 3 b/r, lge verandah. Separate packing, machinery & hay sheds. \$175,000. Ph: 03-5432-9322.

BUSH BLOCK FOR SALE in gold mining district of Osbornes Flat in NE Vic. Very private block, which is 5 mins walk from excel rural primary school, 15 mins drive from Albury/Wodonga & close to Yackandandah. Power to site, sealed rd access, 3.2 ha. \$50,000. Ph: 060-271-221.

TASMANIA

BEACHFRONT PROPERTY, drastically reduced, at Egg & Bacon Bay, Tasmania. This unique property won't last long. Two complete homes + 2 storey chalet on 2.03 ha. The 3 b/r home & chalet come fully furnished. The immaculate 2 b/r kit home is only 2 yrs old (can be sold sep). This spectacular property features private access to very secluded safe swimming beach, stunning views of the southern islands, varied berries, nut & f/trees, ample r/water & wood, estab gardens, 2 dams, sheds, c/port, tree cubby house & more. Price has been reduced by over \$20,000 to \$172,000 for the whole package. Ph: 03-6297-8257.

ON ACREAGE 30 mins from Hobart, 5 y/o 3 b/r home on 8.25 ac. Tranquil bush setting, trees, natives, tree ferns, panoramic views. Wood heater, 20x20' shed. Huonville 4 km. \$65,000. Ph: owner, 03-6244-4493.

BUCKLAND, TWO ACRES, 2 titles, level block, fully fenced, 2 entrances, cleared, power on. Includes 20x20' concrete slab. Beaches 15 mins. \$19,500. Ph: owner, 03-6244-4493.

FARM WITH DRAUGHT HORSES (refer article GR 82), 50 ac in secluded valley, Tasmania. Draught horse team, full set of restored horse-drawn machinery, lge barn & machinery shed. Antique truck, alternative power, many extras. \$110,000. Ph: Annie, 03-6363-5171.

NORTH-EAST TASMANIA, farm, 100 ac, 50/50 pasture/bush. Old cottage, power, ph. Pure mtn water from spring-fed crk. Gravity-fed irrigation system. Fenced dam. Bore just drilled - 700 gal per min. New fences, machinery shed, workshop, steel cattle yard, fertile red and black soils. Waterfalls, ocean & mtn views, surf beaches 15 mins, town 10 mins. School bus stop up the road. Presently growing organic potatoes. Unique property, forced sale. POA. Ph: 03-6372-2524.

PETCHEYS BAY, blueberry and emu farm, 50 acres fully fenced on the beautiful Huon River, 50 minutes from Hobart, 10 minutes from Cygnet. Includes apartment, sheds, emu breeders, incubator and much more. \$190,000. Ph: 03-6295-0088.

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GRASSIFIEDS

PROPERTY FOR SALE TASMANIA

RESCUE! 92 ac mtn forest country & 8 ac marsh, own spring, surrounded by state forest. Pedestrian access only due to dodgy bridge, hence offers \$70,000/exchange. No loggers need apply! Ph: 03-6382-3318.

CASTLE FORBES BAY, HUON VALLEY, house 3 b/r, 1 loft. Recently renovated, Country Kitchen, new s/c/heater. Separate studio, celery top pine (5.5x11m). Workshop (6x10m) with 3 phase power, dble c/port, lge pottingshed. Excellent soil, 5.3 ha of land, 1/2 pasture, 1/2 forest, crk frontage with perm water, 40 mins from Hobart. \$160,000. Ph: Hilary or Vic, 07-3207-1864 AH, or, 07-3891-1661 BH.

TWO MOUNT ARTHUR BUSH BLOCKS at Underwood NE Tas. Approximately 90 ac & 15 ac. Springs, some coast views, huge timber. Suit sustainable forest farming lifestyle or bush retreat. \$60,000 & \$25,000. Ph: 03-6359-2058.

SOUTH AUSTRALIA

SETTLER'S COTTAGE in Mt Gambier, partly restored, 4 rooms. Suit handcraft/individual interested in heritage. \$57,000. Ph: 08-8272-1836.

PEAKE, approx 45 minutes Murray Bridge, 9 1/4 acres, shed, c/van, r/water, some fruit, native trees. No chemicals past 19 yrs. \$15,000. Ph: 08-8675-2289.

WESTERN AUSTRALIA

FALCON: ONE HOUR SOUTH PERTH, 3 km Dawseville Cut. Architect designed, solar efficient, 4x2, rammed limestone/timber pole home on 900 sq. Estuary views forever. Crabbing, prawning, fishing paradise. Stroll to quiet beach. Established vegie/herb/native gardens. \$225,000. Ph: 09-534-4348.

COMMUNITIES/SHARES

KYOGLE, 1/25 share in 960 ac, 10 acre share, f/trees, spring water to all share, gravel access & privacy. \$30,000. Ph: Tracey, 066-246-118. PO Box 492, LISMORE 2480.

NAMBUCCA HEADS 3/4 hr, affordable land, 1200 ac. Backs onto state forest, 1/12 share in mostly native forest, 20 ac crk flats, 2 ac relatively level house site, cabin, ph, 4000 gal r/w tanks, dam, f/trees, all-year crk, swimming holes. \$45,000 ONO. Ph: Monica & George, 02-9973-1580.

FIFTY MINUTES WEST OF WAUCHOPE, 1/7 share 587 forested ac, share bounded by r/forest and perm crk, good soil, 2 b/r house, solar power/hot water, s/c/stove, shed & shack. \$45,000. Ph: 065-874-328.

BELLINGEN, established MO, large 1 b/r attractively designed w/b house. Council approved. Mountain views, elec, ph, 5 km to town on tarred rd, extensive landscaped gardens, access to river. Total area 145 acres. Double c/port/shed. \$75,000 + \$5700 community membership fee. Ph: 066-556-895.

PLACING AN AD?

See page 70 for details

UPPER THORA VALLEY, Bellingen Shire, Bundilla community. Paradise, river frontage, open plan 2 b/r family home, huge work shop. One ha sep title with 115 ac community land bordering a nat pk. Fruit orchard, state of the art solar power, solar hot water, wood cooking range with wetback, gas stove and refrigerator. Selling 1/5 share of 5 shares. All other shareholders are keen community-minded families. Community-run tractor and water pump. Fresh water crk from nat pk. Drug-free land. Comfortable living & completely private location. Chrysalis Steiner School 2 km away. \$150,000. Contact Marty & Joanna at 066-580-178.

NIMBIN, 1/10 share 52 ha, council approved MO. Beautiful r/forest environment, 2 b/r accom & studio on 2 ha. Solar power/hot water, estab f/trees, 4WD access. \$65,000. Ph: Steve, 066-282-034.

TENANTS IN COMMON, 1 lump sale, 5 shares out of 10 in 480 ha, timbered. One medium-sized bottle house with 2 gravity-fed dams, estab fruit & nut trees (25), cubby house, playground. Hand raised Red Neck wallabies. No mains power. Can be subdivided, Copmanhurst Shire, Northern Rivers area. \$70,000. Ph: 066-675-136.

BLOOMFIELD RIVER, 1/5 share in 160 ac, deep frontier river frontage, school/shops across river, ph to property, 4WD access, backs onto Daintree World Heritage. Four hrs stunning drive nth Cairns. \$40,000 ONO. Ph: Poss, 070-559-779.

FAR NORTH COAST, 35 km NW Lismore, beautiful solid spacious home, wide verandahs, elevated position, extensive views, 4 ac. Under-house garage and w/shop, organic gardens, f/trees, complete privacy. Power, ph, cabin, u/cover c/van. Secure strata development. School buses. \$159,000. Ph: 066-337-033.

BUSINESSES FOR SALE

PARTNER PIPERS RIVER, Tas, 100 ac property, 2 b/r house, spring water, sandstone craft & cleaning products, excel potential. \$70,000. Inquiries: PO Box 108, GEORGETOWN, Tas 7253.

HYDROPONIC VEGETABLE FARM, situated on 40 ac of mainly virgin bush in the granite belt, sth Qld. Farm consists of perm growing platforms & trellising for 2100 plants with much room to expand or diversify. One b/r home with lge solar installation & cottage with separate solar power. Ph: 076-841-352.

FRANCHISES AVAILABLE, working creatively with children (and adults). This work is very rewarding personally as well as financially. You need to be active, self-motivated, reliable and enjoy communicating with people. Low cost start-up. We are willing to help finance. All training provided. Contact: Paul or Suzanne: 066-464-453, 017-957-390.

FISH EMULSION FERTILISER BUSINESS, registered tradename, bulk sales mainly to farmers and produce stores. Business dormant for last 6 months but proper marketing easily produces income of \$600 per month. Smelly product (but very effective fertiliser), 25 x 44 gal drums, needs to be stored in shed on large property. Relocatable anywhere in Australia or New Zealand. \$10,000. Ph/fax: Brisbane, 07-3882-3032.

KEMPSEY, NSW, GENERAL STORE, take-away, sub-newsagency. Established 50 yrs in top location near sporting fields, c/van park. Regular customers & passing trade. Excellent family business, 4x4 lease, flat attached, figures avail. \$120,000 + SAV, must sell, offers considered. Ph: 065-624-169.

PROPERTY WANTED

WANTED, ACREAGE northern NSW. Write/ ph: 014-646-986, 9/2018 Wynnum Rd, WYNNUM WEST 4178. Budget \$15,000.

FOR RENT

HANDYMAN, preferably nonsmoker/drinker, vegetarian, required to look after sml farm in return for accom. Ph: 066-797-065.

KANGAROO VALLEY, shop, workshop, garden, all/part avail for trader/artisan in heritage building. All services connected. Busy tourist village with future. Ph: 02-9518-7423.

WANTED TO RENT/CARETAKE

WANTED: HOUSE TO RENT, 4 or 5 b/rs in communal environment for family involved in counselling/natural therapies. Anywhere in Vic/ NSW, preferably within 2 hrs of Wantirna, Vic. We're looking for aware, caring, spiritually positive people with their own values rather than society's and ideally a refreshing nonurban environment. Ph: 03-9842-1935, or write: G & L Hill, 1/42 Boronia Grove, DONCASTER EAST 3109.

HELP NEEDED, moving my farm down the sustainable pathway using permaculture and keyline. Milking over 300 cows. Area set aside incl old orchard, disused dairy and silo, adjacent 75% furnished 4 b/r house. Available rent-free for persons or family with horticulture or permaculture design experience. Huge challenge, 10 mins from conservative Colac, Vic. Volcanic soils. Call Rob for a chat: 03-5233-1378, 041-738-4412.

FAMILY SEEKING ACREAGE TO MANAGE, caretake, rent, buy (vendor terms). Experienced boilermaker, small crops, avocados, bookkeeper. Joint venture possible. Bundaberg preferred. Anything anywhere considered. Contact: Greg, Box 2444, BUNDABERG 4670.

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GRASSIFIEDS

WANTED TO RENT/CARETAKE

COUPLE, RETIRED (Vet aff), seek cottage to rent. Hunter adjacent. Ex-farmers retired, dog. Prefer power/ph. We have own gas appliances. 'Wanted to Rent' (GR 121), C/- PO Box 242, EUROA 3666.

URGENT: MOTHER & STUDENT SON need rural home, mid June, approx 1 hr train/bus Box Hill. Will maintain, work, caretake. Long term. Low rent. Please help. D Hicks, Tambo River C/Park, Prince's Hwy, SWAN REACH, Vic 3903. MATURE SABBATH-KEEPING COUPLE with 2 children (3 & 9), seek perm caretaking/work exchange position in SE Qld. Ph: 07-5485-4122.

WANTED TO RENT on quiet acreage in Qld. House for family, must have good water, distance no problem. Ph: 079-736-650.

COUPLE LOOKING FOR LAND around Tenterfield NSW to put caravan in return for work, rent neg. Skills: tree lopping, land clearing, general garden & handy work, qualified horse riding instructor. Ph: Steve or Yvonne, 03-5968-6081.

EXCHANGE

TAREE, FIFTEEN MINUTES to lovely 3 b/r settler style home, 1/4 ac. School bus route, closer to sm village, PO etc. Everything organised - landscaped, feature fishpond, trees, dam, 3 tanks, RC air-conditioning, etc, etc. Too many features to mention here! Beautiful views. \$159,000 ONO. Consider exchange home Port Macquarie area. Ph: owner, 065-567-341.

BRITTANY, FRANCE, 1/2 acre, house, central heating. Keith, Scotland, 6 acres, full planning for house. Each \$37,000. Exchange/sell for acreage NSW, Queensland coast or Hinterland. Ph: 017-115-922.

WANTED

RESIDENTIAL/FULL-TIME FARM WORKER WANTED for organic market gardens on Hawkesbury River, 2 hr NW from Sydney. We are a sm community of 40 ac with 6 ac of mixed crops supplying locals & Sydney organic markets. We require a mature single person with experience in intensive vegetable gardening and/or small scale farming, who (already) leads a healthy lifestyle (not promises to start here), and has practical skills in areas such as planning, propagating, planting, harvesting, mechanics, fencing, tractor operation, irrigation, animals, orchards etc. Private room, all vegetarian meals supplied + good wages (flexible hours/neg pay). Own car necessary. No smoking, alcohol, drugs of any kind, religious nutters, dole bludgers, new agers or spiritual wannabes. Long-term situation envisaged. Minimum 1 year trial. Start ASAP. Ph: 045-664-477.

WANTED, RELIABLE PERSON(S) to caretake property. Must be interested in self-suff. D & D Lowe, C/- PO, FINCH HATTON, Qld 4756. Ph: 079-583-359.

DEADLINES: GR 122 - JUNE 30TH
GR 123 - AUG 30TH

RECENT AMERICAN IMMIGRANTS, confused! Seeking GR lifestyle and 'home'. Appreciate information, your experiences on MO's, communities. Locations within 300 km Brisbane. Mike C/- Marcoaldi, 353 Forrest Hills Pde, BINDOON, WA 6502.

WANTED A MATURE WOMAN (age or attitude) to work and live with other women on their organic farm close to Melbourne. See also 'Contacts - Victoria'. Ph: mobile, 019-417-509, or write: Women (GR 120), PO Box 242, EUROA 3666.

HI, I'M LIVING IN AN INTERESTING and beautiful part of Tasmania. I need help on my bush property. You'll need agility and experience with building (particularly using wire and cement mortar), as well as knowledge and experience with organic gardening. I can offer board, accom & wages in return for help. Ph: Ioannis, 03-6295-1826.

NORTH NSW/COUNTRY VIC property sought by young & enthusiastic man as stepping stone to a self-suff life. Willing to do gardening/maintenance for low/free rent. Experience in horticulture/blacksmithing & leadlighting; also wanting to get involved with permaculture. Please ph: 03-9347-1385, Dan.

CARETAKER for 20 weeks. Beautiful country setting, federation homestead, 5 km from town. Ph: 064-584-448, 018-116-828.

BUNDABERG AREA, pensioner/couple wanted to caretake on acreage. Caravan with Annex, power, ph avail. For further info: PO Box 29, KADINA, SA 5554.

PERSON(S) TO SHARE HOUSE, Hunter Valley bush block, live in c/van, exchange assistance. Ph: 049-382-036.

MINERALS/FOSSILS, semiprecious stone for lapidary work. Decorative minerals & fossils for collection. Any attractive Australian material considered. Examples include quartz, amethyst, agate, chrysoprase, etc. Peter Hunt, Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677. Fax: 03-9481-1393.

CARETAKER - MILLAA MILLAA PROPERTY. Ample water, f/trees, chook yards. Livable dwelling. Cool all year. Ph: 070-972-325, or 551-052.

HANDCRAFTS

THREAD BUNDLES, stranded cotton in bundles of 100 x 8m skeins in 50 assorted colours. Shades matched to DMC. \$29 post free. The big bundle of 240 colours. \$60 post free. 50 (25pr) wooden lace bobbins, torchon style, excellent for beginners. \$49 post free. Steel weaving reeds. Price list avail. B/card, M/C, Visa, M/O, Chqs. Arty & Crafty, PO Box 40, DAW PARK 5041. Ph: 08-8277-3763. Fax: 08-876-2186.

To avoid disappointment ensure
your ad meets our deadline

BEADS! BEADS! BEADS: Unique selections of handmade glass, metal & wooden beads. Also findings, threads & kits avail. Cost \$8 for samples, colour copy & info. Write to: Tsunami, PO Box 29, MARGARET RIVER 6285.

HAVING DIFFICULTIES OBTAINING small gauge brass screws, hinges, catches, and associated brass fittings? We have an extensive range of 0g, 1g, 2g, 3g, etc from 1/4" long to 1". Also various woodworking tools, glues & abrasives. Backed up by a sharpening service. Send \$3 for catalogue (refundable off first order). East Gippsland Saw Service, PO Box 1168, BAIRNSDALE 3875. Ph: 03-5152-1001. Fax: 03-5152-1001.

CRAFT SUPPLIES - FREIGHT FREE. Large range to suit many crafts including beading, folk art, floral art, doll & bear making, etc. Plus general craft lines (everything from adhesives to bells to pompoms to tassels to halfpots to Dream Catcher parts). Send \$3 (refundable off first order) to: E & J Owen, 2/4 Commerce Lane, TAREE NSW 2430 for 50 pg catalogue.

FOOD AND KITCHEN

FOWLERS VACOLA BOTTLES from \$1 each. Hundreds avail, also boilers and accessories. Ph: 049-912-419.

FOR SALE: A GEM OF a stone grinder for flour & other grains. Electrically powered. Sth Australia 08-8388-9102.

BEE POLLEN, no additives, 450g sample pack \$9, 1.9 kg pack \$32.50, 4.3 kg pack \$65, 14 kg drum \$175. Prices incl p&p. JM Read, 8 River St, MURRAY BRIDGE, SA 5253.

HEALTH & BEAUTY

WEIGHT LOSS, personal advisory service, Vicfit registered consultants. Private interviews or mail (privacy ensured). Ph: 03-9848-9213.

ORGANICALLY PRODUCED traditional herbal remedies for arthritis, psoriasis, colds, flu etc. For a complete list send SAE to: Tintagel Herbs, PO Box 27, CENTRAL TILBA 2546.

FOOD CONCENTRATES to enhance life. Organic grown, distributors/networkers, naturapaths required. Ask for a free tape. Ph/fax: 07-3352-6530. PO Box 1168, STAFFORD 4053.

MISCELLANEOUS

BRAND NEW FLUSHING TOILET SET, aircraft type, 12V, DC flush motor, 'Electromagic' brand. Can be used in pleasure boats & yachts, c/vans, planes, motor homes, ecology homes, solar homes etc. New price \$1100, will accept \$600. Changed plans for motor home. Can courier anywhere. Ph: 066-492-681, Rob.

INVERTER (600 watt) for sale. Use 240V appliances on solar power. \$500. Ph: 065-644-078. Bowraville, NSW 2449.

STICKY LABELS to re-use envelopes, etc. Large size, \$7/200 or bulk \$50/2000. Printed with your return address \$16/200. Prices incl p&p, send cheque/MO to Ralph, 27 Cowper St, GRANVILLE 2142.

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MISCELLANEOUS

POT-SHOT. A family indoor (table-top) game of skill, similar to old fashioned 'Bobs'. Wooden, brightly lacquered scoring frame 80 cm wide. Six white balls, 1 black ball in solid case. Two cues. Games rules clearly set out. Buy direct from manufacturer, Maquintre, 89 McGregors Rd, MALDON 3463. Ph: 03-5475-2342. \$49.50 + delivery.

HOHNER MELODEON, Wheatstone English Concertina and also many tutorial handbooks. Offers invited. Write: Dave Matison, Box 210, ALTONA NORTH 3025.

SLOW-COMBUSTION STOVE, hot water storage tank. \$320. Ph: 063-823-240.

'ULTIMATE QUESTIONS', free book explaining life's meaning. Send SAE to: Questions, PO Box 636, Lithgow 2790. No other literature unless requested.

FOWLER'S BOTTLING OUTFIT complete. Including 2 doz lge & sml jars, instruction book. \$30. Ph: 03-9807-4160.

LEATHER - SUEDE CLOTHING. Want something you can't find in the shops? Classic styles, tailored, or Indian or fringed western gear. Will make to your photo or sketch, or choose from my brochure. Est 10 yrs. Ph: 08-8642-4097.

DIY WITH SOLIDSTAT THERMOSTATS, incubators, aquariums, nurseries, frost. Precise accurate and reliable. Jupiter Technologies, PO Box 34, CORAKI, NSW 2471. Ph/fax: 066-832-559 (home), <http://www.lis.net.au/~jupiter>

HOW TO SAVE A FOREST. Gummed labels to re-use envelopes. \$10/200. Bulk prices for fund raising \$83/10 packs of 200. Send cheque/MO to: Green Harvest, 52GR Crystal Waters, MS 16 MALENY, Qld 4552.

TRIDENT TIPIS. Professional workmanship, quality materials, traditional designs. For brochure, samples and prices write to: 'Earth Mother Craft', 4 Cockle St, O'CONNOR, ACT 2601. Ph: 06-249-8985, fax: 06-249-8937.

TIPIS, 10'-22', from \$460. Colonial tents, tarps, awnings, annexes, canopies, tonneau covers, swag rolls. Leather, deerskin, suede clothing, any size, any design, yours or ours. Western & Indian style fringed gear a specialty. Wholesale prices. Bojo Products, BENALLA. Ph: 03-5763-2474, mobile: 015-048-196. Tipi hire avail.

NATURAL SKINCARE PRODUCTS, handmade soaps & candles. Send SAE for catalogue of over 120 products. Forest Edge, 242 Albert St, MARYBOROUGH 4650.

GREYWATER SYSTEM, easy to construct and fully tested. Council approved (Lismore NSW). Combines a treatment unit and seepage/evapo-transpiration system. Plans and specifications available from: Sustainable Greywater Systems, PO Box 176, NIMBIN 2480. Ph/fax: 066-891-703.

LIVESTOCK

MILKING GOATS - first lactation, farm reared, healthy does at affordable prices. Ph: 03-5625-4164.

PLACING AN AD?

See page 70 for details

DEXTER CATTLE, miniature mules & Shetland ponies. All quiet and handled, stud or pet. Ph: Dave, 067-362-652, evenings.

MAREMMA SHEEPDOGS. Livestock/family protectors. Litter due 20 May. Enquiries welcome. POA. Risinvale Kennels. Ph: 049-981-653.

BEAUTIFUL MUSCOVY DUCKS, coloured ducks, drakes & ducklings for sale. Perfect pets or table. Available in Coominya Qld. Ph: 07-5426-4103.

CATTLE: The British White Cattle Society of Australia Ltd, est 1983. New members welcomed. Get in on the ground floor now. Australian & imported bloodlines available. Enquiries to: PO Box 546, CABOOLTURE, Qld 4510. Ph: 075-496-8271 or 076-958-561.

COURSES

HUNTER VALLEY PERMACULTURE, ORGANIC GROWING, sml group practical learning at demonstration farm. Trevallyn Centre. For info: 049-389-528. PO Box 22, PATERSON 2421.

PERMACULTURE COURSES, for the south-east of Australia. Design course 30th Nov to 12th Dec. Introductory courses 21st & 22nd June, 30th & 31st August. Bega Valley. Contact: Hugh Gravestine, 064-942-014.

ESPERANTO - the practical international language, a second language for all. Send SAE for FREE postal course & information. Esperanto House, 143 Lawson St, REDFERN 2016. Ph: 02-9319-4775.

COB EARTH BUILDING workshops: sculpture a house from earth, including arches, shelves, niches. Make a cob bread/pizza oven. Five day workshops: 21-25 June, 16-20 August, 13-17 September, 25-29 October. Weekend 8-9 November. Workshops can be organised on your land. Contact: Edible Landscapes, ph: 07-3870-3872. Fax: 07-3870-5890.

HERBAL MEDICINE. The School of Herbal Medicine, established in Australia in 1985, offers a one year home study course. For details, write to: PO Box 2310, TOOWOOMBA 4350.

DOWSING - STUDY & EXPERIMENT with dowsing, radiesthesia & radionics at home! A course in radiational techniques for health and agriculture, incl DIY equipment plans. Free detailed brochure. Distance Learning by Design, 22c/100 Bundall Rd, BUNDALL Qld 4217, Australia. Ph/fax: 07-5539-9633.

LEARN AROMATHERAPY AND NUTRITION through home study at a realistic price. 'The Art Of Aromatherapy' teaches you how to blend and use essential oils therapeutically to benefit your family and pets. 'The Natural Nutrition Course' shows you how common sense eating can combat and prevent illness without getting on the 'diet treadmill'. Free detailed brochures. Distance Learning by Design, 22c/100 Bundall Rd, BUNDALL, Qld 4217. Ph/fax: 07-5539-9633.

DESIGN SUCCESS is yours with personal tutor; support staff; up-to-date plain English information; illustrations; project ideas; videos; computer disc version and fast feedback via Email or Snail mail. Send SAE. PERMACULTURE VISIONS (R) - specialists in Personal Permaculture Tuition - 280 Cordeaux Rd. MT KEMBLA VILLAGE 2526. Email: askpv@ozemail.com.au Internet: <http://www.ozemail.com.au/~askpv/index.html> Live each day in a greener way.

BLACKSMITHING SCHOOL and Horse Ploughing School. These schools will be run in April, June, August and October 1997 at the River Murray Heritage Centre, Newell Highway, Tocumwal NSW. Enquiries to: Box 130 TOCUMWAL, or ring 03-5874-2920 AH.

CORRESPONDENCE STUDIES. Diploma and certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin and Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety and Security Counselling, Personal Psychic Development, Traditional Wicca. New course: 'Herbs For All Ways And Always'. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-9319-6166 business hours only.

GARDEN AND ORCHARD

LOOKING FOR HERITAGE or traditional fruits & vegetables? Join the Heritage Seed Curators Association. Our regular 'Seed Listing' winter issue of *The Curator* lists the sources for thousands of vegie, herb & fruit varieties. Our summer issue has major articles, tips and notes about saving heirloom varieties. Membership costs \$25 PA or \$18 for low income earners. Contact HSCA, PO Box 1450, BAIRNSDALE, Vic 3875.

CHINESE ARTICHOKEs (*Stachys affinis*), unusual winter root vegetable we've imported from China. Unrelated to globe or Jerusalem artichokes. Small pearly spiral. Mild nutty flavour, crispness of water chestnuts, delicious stir-fried. \$25 for 10 'Chinese artichokes. NEW ZEALAND YAM/OCA (*Oxalis tuberosa*), delicious pink winter root vegetable. \$20 for 15 NZ yams. Both perennial tubers, multiply readily, probably best in cool and temperate climates. For mail order growing kit(s) of tubers, recipes & growing notes, send payment to: Bundanoon Village Nursery, PO Box 83, BUNDANOON 2578. June to mid September. Ph: 048-836-303.

HIBISCUS. Always propagating named hibiscus. Send SAE for free list. Tube stock available most of year. Mail order our speciality. Tropic Gardens Wholesale Nursery, 4 Randwick Rd, GYMPIE, Qld 4570. Ph/fax: 075-482-4687.

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WORMS WITH THE RIGHT ATTITUDE. Garden, compost, fishing & aviaries. All purpose, lge or sml quantities. Illalangi Working Worms. Ph: 064-581-472.

BAMBOO PLANTS AND POLES, 250 species for all uses. Send \$4.50 in stamps for catalogue to: Bamboo Australia, 330 Kenilworth Rd, EUMUNDI 4562.

TOBACCO SEED. Organically grown (Virginian), cultivation and curing notes included. Send \$5 to Lyn O'Brien, C/- PO, BARMAN 3639.

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GR 123 - AUG 30TH**

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CALENDAR EVENTS

SOUTH COAST FIELD DAY 16th & 17th August, Candelo, BEGA VALLEY. Ph: 064-942-014.

STEAM, HORSE & VINTAGE RALLY, June 7-8, Rotary Park Echuca. This year's theme - Power On Show. Working demos & exhibits of pioneer arts/crafts & rural lifestyles. For info ph: 03-5480-1115.

WORLD ENVIRONMENT DAY, June 5. Clean-up campaigns, tree plantings, green concepts, Green Ribbon Campaign to raise funds to increase environmental awareness. All enq ph: 02-9319-5288.

WORKSHOPS ON SMALL AREA FARMING, bush food & many related topics, organised regularly by Southern Adult Education College Inc, Nowra NSW. All enq ph: Elizabeth Waddell, 06-226-2223.

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CALENDAR EVENTS

BEGA WORLD ENVIRONMENT DAY activities, Ayres Walkway, Bega, NSW, June 5th. Enquiries ph: 064-925-182, 923-134.

CONFERENCE – WORLD FUTURE STUDIES FEDERATION on 'Global Conversations: what you & I can do for future generations'. Brisbane, Sept 28-Oct 3. Enquiries ph: 07-3365-6360, Sally Brown.

CRYSTAL WATERS PERMACULTURE VILLAGE, 'the motivating edge' conducts 1/2 day permaculture & community tours on the 1st and 3rd Saturday of every month. Contact James on: 07-5494-4721 for info, or write to: The motivating edge', Crystal Waters, MS 16, MALENY 4552. Booking is essential.

MIND, BODY SPIRIT FESTIVAL at Melbourne Exhibition Centre, June 6-9. Over 200 products & services on display to help enhance wellbeing & quality of life. Enquiries ph: 03-9819-6211.

PUBLICATIONS

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'CHOOKWISE': A Self-Sufficiency Guide To The Management Of The Domestic Hen. A sensible straight-forward guide to chook care for beginners. Covers feeding, housing, problems and breeding. Written for Australian conditions. \$12 post paid from: L Marold, Box 54, CASTLEMAINE, Vic 3451.

PLACING AN AD?

See page 70 for details

'EARTHWISE WOMEN': quarterly national magazine connecting women who care for the environment. Subscription \$20 per year. PO Box 38, INMAN VALLEY, SA 5211. Ph/fax: 08-8558-8376.

HOME EDUCATION, for info send SAE to: Alternative Education Resource Group, PO Box 71, CHIRNSIDE PARK, 3116.

'ALTERNATIVE PLANS 9th Edition Catalogue – 1997'. The 9th edition of this popular catalogue is now available. The catalogue contains a comprehensive listing of books, booklets, plans & infopacs covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, alternative housing, low voltage workshop set-up, appliance conversion, special batteries, mini work vehicle & recreational construction plans, home-based businesses, solar panel making & powered water pumps, water purification, biological building, chemical hazards, earth energy fields & infrasound. Other titles include steam engine & methane gas generators, electric vehicle conversion plans, fuel cell construction, solar ovens & water heaters, vortex tube plans, free energy machines and magnetic engines & generators. For your catalogue, send A\$5 cash or money order to: Alternative Plans, PO Box 487, ASHGROVE, Qld 4060. Or, 33 Woodview St, SAMFORD, Qld 4520.

'HOW TO ROO-IN A GOOD MEAL'. Eat meat which is healthy, environment-friendly and delicious. Some recipes for your inspiration and some verse for your amusement. Send \$5.95 + \$1.50 p&p to: Bill Greer, 86 Bent St, MATHINNA 7214.

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'WARM EARTH MAGAZINE' is Australia's only organic growing magazine. All about growing fruit, vegetables and herbs organically in the home garden or small acreage. Managing poultry and animals, info on health issues, and how we can achieve a healthier, happier lifestyle. Available from news agencies in Qld, NSW, Vic and Tas. Subscribe now! \$19 pa. Warm Earth Magazine, 'Kiah' Cottage, KENILWORTH, Qld 4574.

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GOT SOME COWS? Well why not make them healthy and happy! Pat Coleby's new book, *Healthy Land For Healthy Cattle*, tells you how to keep your cows in tiptop condition using organic methods. Available from *Grass Roots*, (see order form, last page of this issue).

'AUSTRALASIAN HEALTH & HEALING'. Journal of alternative medicine. Australia's major health care quarterly, emphasising self-healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, and by subscription, \$37.90 or \$39.90 with *Health & Healing Newsletter* per 4 issues (1 yr). Write: Australasian Health & Healing, 29 Terrace St, KINGSLIFF 2487.

'NEXUS NEW TIMES' magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change – subscribe now! \$25 pa. Nexus New Times, C/- PO, MAPLETON 4560.

'NATURAL HORSE CARE', by Pat Coleby. Available from *Grass Roots*, (see order form on last page of this issue).

'THE PERMACULTURE EDGE' magazine for current info on applied permaculture worldwide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now \$16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

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'THE OWNER BUILDER' MAGAZINE. Want to be a successful owner builder? *The Owner Builder* magazine has plans, money saving ideas, advice and articles on successful owner builders. *The Owner Builder* magazine is avail from newsagents or by subscription. \$24 for 6 issues. For more info write: 66 Broadway, DUNOLLY 3472. Ph: 054-681-899.

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CONTACTS

NEW SOUTH WALES

ATTRACTIVE FEMALE, fire/water, 43, Professional artistic mother of one. Enjoys creative arts, outdoors & home. Blue Mountains area. Seeking a male companion/friend, honest, good sense of self & others, 43 - 50s. Reply: Leo/Cancer (GR 121), C/- PO Box 242, EUROA 3666.

SOUTH COAST NSW, man of energetic mid-life optimism, 'plateau phase', some experience of life, however, lacks essential ingredient: active intelligent woman, ectomorph/mesomorph, sure of self & close to earth (not gone to ground or seed!), for total immersion in culture medium & mutual nutrition. May be artistic, creative, more than a tinge of green, delight in music & song, 30-40s. Moving away from Americanisation, to seek original expression of a local and Australian identity. Practical and sensitive, combining left & right brain thinking in enjoyable, perhaps even profitable things! Prefer n/s. Richard (GR 121), C/- PO Box 242, EUROA 3666.

PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad.

SELF-SUFFICIENT MAN living on the nth coast of NSW would like to meet a self-suff woman for the usual reasons. She should be reasonably artistic, literate, agreeable, presentable and have a good SOH. No smokers, alcoholics, dags, nymphomaniacs, religion or argument freaks, or non-stop-swearers. Age not important, it's the mind & soul that count. I know all this in the one person is impossible but I can dream, can't I? 'Dreamer - Coffs Harbour' (GR 121), C/- PO Box 242, EUROA 3666.

NORTH COAST GENT, 55yrs, 5'7", 75kg, n/s, n/d, masseur, musician, naturist, enjoys beach, bush, O/T dancing, quiet evenings, reading, classical music. Seeks companion for outing, etc. Reply to: GE (GR 121), C/- PO Box 242, EUROA 3666.

GRANDMA, WIDOW: After injury seeking companion helper, garden, vegies etc, small odd jobs. Neat country home near Hawkesbury River, good workshop. I'm crafty, good cook, world travelled. I'm quite mobile but need someone with driving licence. No rent, help with expenses appreciated. Please write: Helper, (GR 121), C/- PO Box 242, EUROA 3666.

MALE, 58, 5'6", 10 1/2 stone, property Nambucca, no ties, seeks sincere lady for living for life. Larry (GR 121), C/- PO Box 242, EUROA 3666.

**DEADLINES: GR 122 - JUNE 30TH
GR 123 - AUG 30TH**

WOMAN, 45, seeks male companionship for fun & friendship. Part-time mother, p/t professional & political pursuits. Active, practical & very caring. Financially secure. Pisces with Leo ascendant. Lives Blue Mtns, Sydney. Replies to: 'Lucy's Friend' (GR 121), C/- PO Box 242, EUROA 3666.

KYOGLE AREA, Male, mid 30s, fit, employed, new to the area & single, easy-going & adventurous, enjoys most things: fishing, swimming, bbqs, social drinks etc. Seeks lady, age open, for friendship & fun, poss r/ship. Seeker (GR 121), C/- PO Box 242, EUROA 3666.

LEO MALE, 45, div, n/s, 12 1/2st, 5'8", average bloke, no kids, own home, pension, lonely, peaceful, spiritual. Love massage, UFOs, meditation, jokes, travel, beach, Cajun & Nashville music. Dislike dogs & cats. Seek polite lady 28-42, n/s, full-figured (size 14-20) tall, attractive, spiritually compatible astrological sign, no ties, to explore future joys. Prefer NSW south coast lady, or willing to move Milton region. Photo appreciated & sent. Shane (GR 121), C/- PO Box 242, EUROA 3666.

LADY 50, wishes correspond n/s male. Virgo (GR 121), C/- PO Box 242, EUROA 3666.

LONELY FELLOW, on multiple occupancy in nth NSW, needs mate 45-55 for loving, holding company. Quiet life, into r/forest regeneration. Nonsmoking/drugs. Social drinking. Please write: Arthur: C/- Lillifield, LILLIAN ROCK, NSW 2474, or ph: 066-897-394.

FEMALE, 48, more actively alive than ever, wants loving green man with good communication, commitment, honesty, diversity. Self-awareness, responsibility & love, into performing arts, friendship and fun. PO Box 103, WENTWORTH FALLS 2782.

GUY LOOKING TO MEET GENUINE adventurous lady around 30-45. Interested in travelling, country life, self-suff, communicating & honesty. If interested or would like just a chat please ring: Peter, 02-9632-2068.

GENT, 61 y/o, 5'11" tall, 10 st, small property, self-emp, German nationality, divorced, no ties. Looking for a lady aged 45-60, any nationality welcome for an honest r/ship. PO Box 58, 103 Gordon St, PILLIGA, NSW 2388.

ARE YOU LOOKING FOR A GERMAN-SPEAKING partner or friend? Get in touch with Kontakt, PO Box 24, NANA GLEN, Coffs Harbour 2450.

QUEENSLAND

GOLD COAST, 39 yr old single mum seeks male with SOH and easy-going attitude, s/d, n/s. Into meditation, personal & spiritual growth. Enjoy nature, beach, reading, movies. Di, (GR 121), C/- PO Box 242, EUROA 3666.

*If you doubt the wisdom of replying
to any ad - trust your intuition*

FEMALE, 40s, seeks male friend for r/ship/outings. Enjoys camping, travelling, bushwalking, gardening, good conversation, laughter & quiet times together. Ellie (GR 121), C/- PO Box 242, EUROA 3666.

COOLOOLA, attractive sharing caring male, 52, 6' 2", slim, fair hair, articulate & artistic, secure, seeks a lady friend. I am partnered with a free-spirited, versatile artist lady in mutually satisfying business/friendship who enjoys immensely female company. Suitable for an autonomous, open-minded, creative female desiring a truly tolerant and accepting, relaxed relationship in a secure, peaceful, pretty green hill acreage. Appears different? No, a new perspective. Mike (GR 121), C/- PO Box 242, EUROA 3666.

ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR.

We will re-address & forward it.

Don't forget to put the *issue number* on reply, i.e: Skye (GR 120)...

I CAN OFFER A SHARE in my life in coastal Qld on my flower farm with 2 dogs, restoring Qld'er house in ever-green seclusion. Happy lovable Libran man, 42, looking for a gentle lady young at heart. Rob: 071-243-651 AH.

WOMAN OF SIMPLE PLEASURES, not simple-minded, 27, loves life & nature, to share laughter, friendship, possible r/ship. Many interests. If you are a man of no troubles, feel free to write - I'll answer. PO Box 102, LAIDLEY, Qld 4341.

FENCE-SITTING ALTERNATIVE lifestyle late forties male desires feminine 'gentle encourager' to share the journey to a better place. Maximum height 5'6". N/s, n/drugs. F/S (GR 121), C/- PO Box 242, EUROA 3666.

FORTY-NINE YEAR OLD MALE with 3 teenagers (19, 17, 14), 173cm tall, medium build, n/s s/d. Dark eyes, dark greying hair, olive complexion, quiet, caring nature, great SOH and loves life. I have an appreciation for and want to share the beautiful things in life and as a result am therefore very lonely. I have a wide range of interests/hobbies, including the GR lifestyle, bushwalking, reading, cycling & travelling but not to the exclusion of a good r/ship. I am looking for a gentle soul who is loving, laughing & spontaneous and who can go with the flow of life and enjoys sharing. Please write to: L J (GR 121), C/- PO Box 242, EUROA 3666. Or Email me direct to: titania@ats.com.au

VICTORIA

MALE, 33, gay, honest, great personality, happy, love GR lifestyle, seeking friends, partner. I enjoy good honest friends, nature, nonmaterialistic very genuine person. All correspondence answered. Hope to hear from you soon. Dave (GR 121), C/- PO Box 242, EUROA 3666.

CONTACTS

VICTORIA

Hi! I AM GENUINELY SEEKING a peaceful GR lifestyle (in Vic, NSW or SA) and a creative, positive, intelligent GR man (30s to 40s) to share it with. I'm feminine, adventurous, fun-loving, thoughtful, affectionate, practical and an honest woman who believes in old-fashioned values and being involved in one's community. I am a good homemaker and enjoy a relaxed homelife, but also like the variety & challenge of travel & adventure pursuits. Some of my interests: permaculture, eating natural foods, good health and fitness, native wildlife, recycling, wilderness, reading, music, happy times with friends, cottage crafts, rock'n'roll dancing and learning new skills. If you know who you are & what you want from life, are young-at-heart, passionate about your interests, can communicate feelings and possess good manners, then I'd love to hear from you. I am very down-to-earth, so please no New Agers, alternative trendies, smokers or drug users. All genuine replies answered. SAE to Bronwyn (GR 121), C/- PO Box 242, EUROA 3666.

HAPPY YOUNG, 43 y/o woman, east of Melbourne, into music, singing, ancient rituals (folklore), gardening, nature, art, culture, animals & kids, open-minded Christian, s/d, s/s, looking for good-natured man with social conscience, zany with compulsory SOH. Photo appreciated. Selkie (GR 121), C/- PO Box 242, EUROA 3666.

GRASSIFIEDS

PLACING AN AD?

See page 70 for details

MALE, 27, MELBOURNE AREA, caring, loving, affectionate, intelligent, honest, tall/slim, fairly attractive, quite alternative. Interested in the environment & nature, successful intentional communities, healing/natural therapies, good communication & the honest expression of emotions and above all a genuine & living committed spirituality. Seek an attractive, loving, caring & intelligent woman – a mature female soul aged between 26 & 32 (approx), slim to medium, vegetarian, n/s/drinking – to share interests friendship and, if energies are right: a loving r/ship. Contact: Martin (GR 121), C/- Post Office, WARRANDYTE, Vic 3113.

EXPERIENCED, COMPETENT MAN, 50, seeks much younger, adaptable woman, interested in developing full-scale GR lifestyle and having children—soon. Mike (GR 121), C/- PO Box 242, EUROA 3666.

ORGANIC FARM, CLOSE TO MELBOURNE, Lesbian owned and operated. Need another worker. Live-in with sep accom. Lesbian preferred, but lesbian-friendly essen. Ph: 019-417-509 mobile. Or write: Woman (GR 121), C/- PO Box 242, EUROA 3666.

WANTED, MAN TRAVELBUG, 49-58, Experienced travelling, camping, active fun, non-smoker. Companion for lady 49 years old, same above. Traveller (GR 121), C/- PO Box 242, EUROA 3666.

HAPPY MALE, 34, 5'10", 82 kg, n/s, no ties, travelled, practical, warm-hearted & open, into country life, sun, sea, alternative ideas, building, creativity, seeks positive, slimish woman to share dreams and life's wonderful journey. David Armstrong, Old Mill Rd, HODDLES CREEK, Vic 3139.

SOUTH AUSTRALIA

SINGLE WOMAN, 33 y/o, Virgo, planning on travelling Europe in '98 – would like a compatible person to share o/s adventure. I have travelled around Aust. Now it's the world! Am n/s, n/d, vegetarian, independent, quiet natured. I enjoy camping, animals, gardening, learning & exploring new places. If you are genuine, honest & enjoy travelling, please write to: Minnie (GR 121), C/- PO Box 242, EUROA 3666.

TASMANIA

FEMALE, n/s, honest, caring, sensitive. Interests: bushwalking, gym. Wants to meet male 40-50 yrs, n/s, honest, considerate. Lives in Hobart, may be moving to Sydney. Leah (GR 121), C/ PO Box 242, EUROA 3666.

LATE GRASSIFIEDS

WANTED TO RENT/CARETAKE, room & facilities, country town or community (organic) area. PO Box 377, MIDLAND, WA 6963.

FEMALE, 30, Aquarius, seeks correspondence with soul mate, s/s, s/d, 069 area, full figure, 1 child. Photo please. N E (GR 121), C/- PO Box 242, EUROA 3666.

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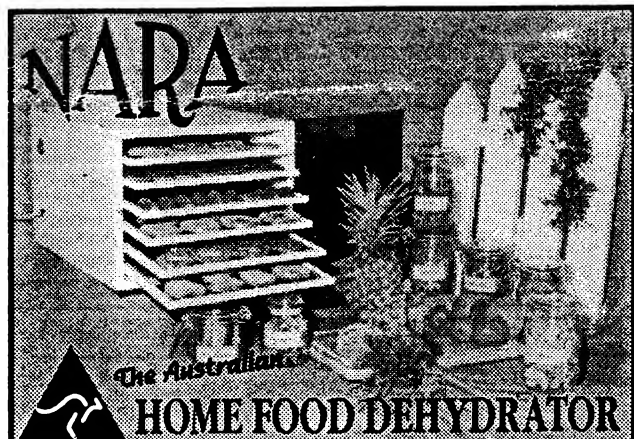
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